
redbook
COUNTRY STAR
Kacey Musgraves
on finding love, following her arrow & what Katy Perry taught her
Be calm even on crazy days and get more done, too!
WIN!
Tickets to see Kacey in concert near you
Enter for a chance to win, page 97
SNACKS THAT KEEP YOU SLIM
Simple tricks for smooth, clear skin
page 38
HAVE YOUR HAPPIEST-EVER
SUMMER
• 20 fun & free things to do
• Great date-night ideas
• Cool & easy cookouts

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# redbook



## 31 *things to do in* July

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Pretty looks for your next date night—or day.

**HAT** San Diego Hat, $48; everything butwater.com. **EARRINGS** $28; shopmadjewels.com. **DRESS** $190; mango.com. **BELT** $16.94; oldnavy.com. **BRACELET** $78; sequin-nyc.com. **BAG** Global Glamour by Physician Endorsed, $69; solescapes.com. **SHOES** Kristin Cavallari by Chinese Laundry, $89.95; chineselaundry.com.

COVER STILLS: DON PENNY/STUDIO D. STYLIST: CLAIRE TEDALDI AT HALLEY RESOURCES.

PHOTOGRAPHED BY Donja Pitsch

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## On the cover

Kacey Musgraves photographed by Nino Muñoz. Hair: Mara Roszak. Makeup: Pati Dubroff. Manicure: Carla Kay. See shopping guide, page 134, for clothing and makeup details.

FROM TOP: JONNY VALIANT; CHRISTOPHER COPPOLA/STUDIO D (2).




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# Take care of yourself

Easier said than done, am I right? I keep a to-do list, a running stream of appointments to make, gifts to buy, bills to sort out. The thing that falls to the dead bottom of that list is—always and inevitably—myself. Take exercise, for example: I was doing the 7-Minute Workout for a while, and just couldn't keep it up. Yep, I can't carve out *seven whole minutes* in service of my health. Similarly, in the spirit of getting some mental calm, I downloaded the Headspace meditation app, which talks you through 10 minutes of meditation daily. I did it exactly twice. I am proud to say that I finally went to get my baseline mammogram... two years late. I don't wear these failings as an "I'm so busy because my life is so wonderfully full" badge of honor—believe me. I'm embarrassed by each one of them. And I suspect many of you know exactly what I'm talking about.

I recently hung out with Robin McGraw, the brilliant advocate and entrepreneur whom you might know as the wife of Dr. Phil. Robin's mother died of undiagnosed heart disease at 58 in part because she never made time to go to the doctor. So helping women take care of themselves has become Robin's mission, along with being a devoted wife, mom, and grandmother. *And* she runs Robin McGraw Revelation, her lifestyle line (check out her beyond-cute Handy Candy wipes on page 34), and does amazing things for the Girl Scouts and her foundation, When Georgia Smiled, which fights domestic violence. "It's not selfish to take care of yourself. Never feel guilty about it!" she told me. She believes it makes you a better mother, wife, friend, coworker—and science backs her up. I learned in our anyone-can-do-it meditation guide on page 78 that people who take even a few minutes to meditate become easier to get along with... and live longer. So my summer resolution is to treat myself better: Get back on Headspace, set aside those seven minutes, and let my to-do list languish at least for a while. I hope you will too.



**INSTANT RELAXATION...**
I'll also be spending my newfound me time having one of the frozen drinks on page 130. Two extra secrets from the guys behind those recipes: For the best slushy texture, crush ice before you throw it in the blender (put cubes in a zip-top bag, wrap it in a towel, and hammer away). And allow all citrus to come to room temperature—warm fruit yields much more juice than cold.



**Robin McGraw is just so great.** She's super-funny (can't you tell from this photo?) and works tirelessly for women. Find her foundation online at whengeorgiasmiled.org.

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From top: OPI Nail Lacquer in Hot n' Spicy, $9.50; Chanel Le Vernis Nail Lacquer in Lavanda, $27.




MY FAVORITE

## mani-pedi combo

"I'm usually a polish traditionalist, but I love OPI's bright coral Hot n' Spicy for a summer mani. I pair it with Chanel in Lavanda—a purple that looks like tropical flowers."

—VICTORIA KIRBY


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"I switch these sweet pastels between my fingers and toes all summer long. They remind me of fun treats like cotton candy and sorbet!"

—WENDI CASSUTO




From top: Zoya nail polish in Bela, $4.50; Sally Hansen Miracle Gel in Lip Palm, $9.99.

DEVON JARVIS/STUDIO D.


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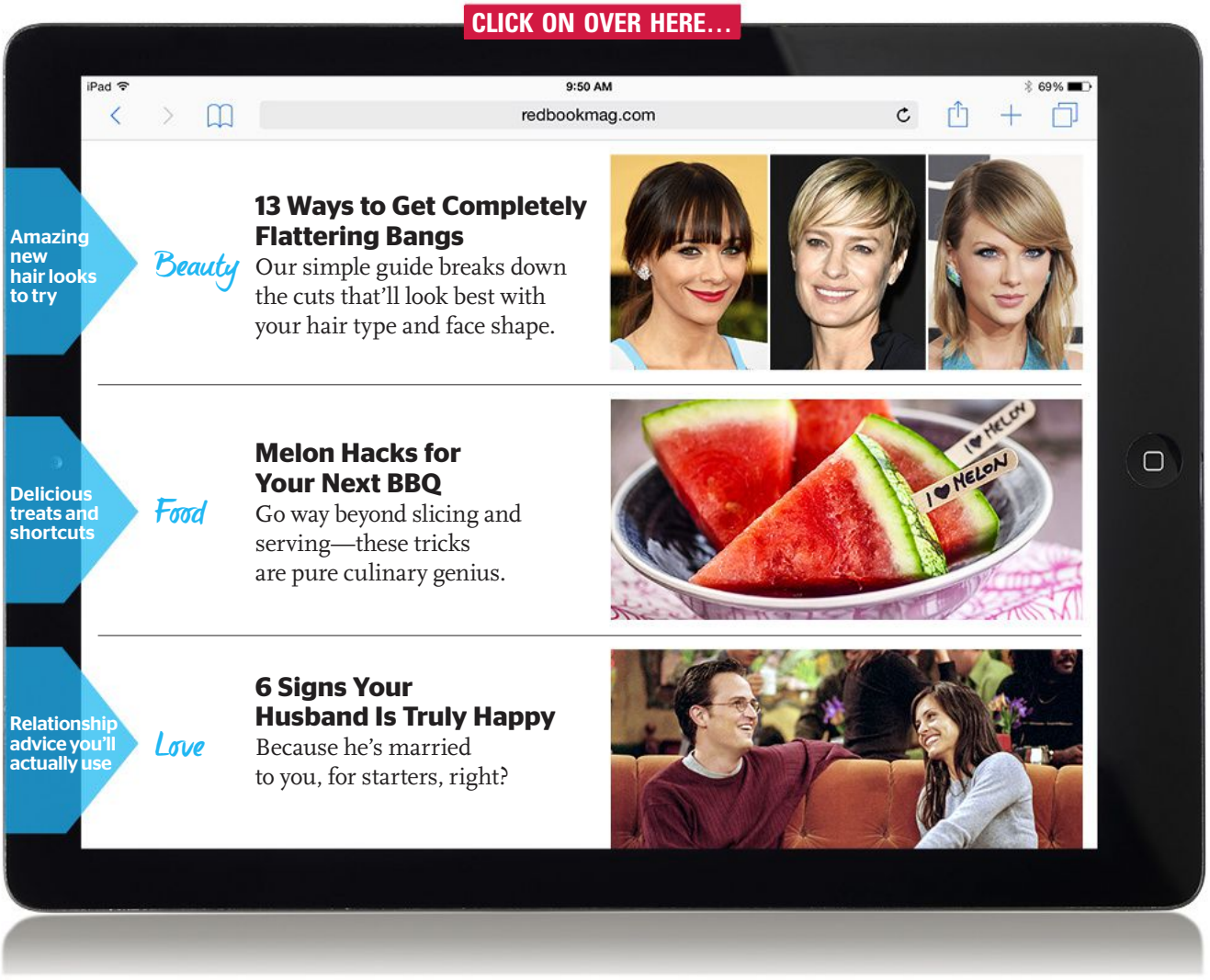
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"The things that make us different are the things that make us beautiful." *@toastmeetsworld*

"True beauty captivates your heart, not just your eyes." *@tunameltsmyheart*





"Live life like it's your ninth." *@samhaseyebrows*

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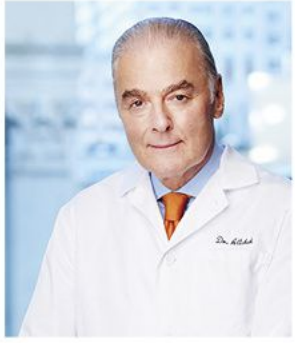
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# ask REDBOOK

Sometimes crowdsourcing only raises more questions—but our experts always have answers! Send your toughies to redbook@hearst.com, or tag **#AskREDBOOK** on social media.

## Q What's a quick, cheap way to make my living room look more summery?

*—Rosemarie Bellisio, Baltimore*



"When it starts getting warm, I do a pillow swap in my living room by slipping some bright cases over my existing cushions. It's the easiest way to give the room a cheery face-lift. I love the options from Zara Home—they always have colorful, fun designs, plus they're inexpensive enough that I can pull a switch every season!" *—Virginia VanZanten, home editor*



Clockwise from top left: plain linen pillow cover, $19.90, floral-print linen throw pillow cover, $35.90, plaited bamboo pillow cover, $35.90; all zarahome.com.

## Q I'm considering hiring a financial planner, but I'd hate to pay someone to do what I've been doing for the past 20 years. Is this a worthwhile investment, or can I D.I.Y. it?

*—Carol Berry, Milwaukee*



"Hiring a financial planner is like hiring a personal trainer. Sure, you can work out on your own, but a trainer gives you that extra kick to get you in shape. Instead of turning over *everything* to a planner (pricey!), try meeting with someone certified as a financial planner—a CFP—once or twice to walk you through projects that require more work. That might be refinancing your home or optimizing your investments. This will keep your costs down, and you can always check back in with your adviser if you want to make sure you're doing things right—just like you would with a trainer." *—Nicole Lapin, Team Red columnist*

## Q I always order either a fruity cocktail or a glass of white wine. Which is a better choice in terms of calories?

*—Christina Jedra, Boston*

"Tracking your calorie intake is way easier with wine as opposed to cocktails, where they can pour in juices and syrups without your being the wiser. The average five-ounce glass of wine has 120 calories, but if you're yearning for a cocktail, my cheat to get the same count is ordering a shot of fruity vodka (not the sugary kind!) with club soda, ice, and a touch of juice—my favorite combo is raspberry vodka with a splash of pineapple." *—Lisa Lillien, Hungry Girl columnist*



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# Shorts *your* body will love

Stylist Brad Goreski tracked down ones that'll lift your mood, keep you cool, and, best of all, make you feel good about your thighs. Ninety-degree day, here you come.

Brad Goreski is a cohost of *Fashion Police* on E! network and has styled stars like Rashida Jones and Jenna Dewan Tatum.

If shorts make you think, *Ugh, they expose every flaw,* or, *Are they grown-up enough?* you haven't found the right pair. In any of these flattering options, you'll just be thinking about how great you look.




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Sexy but not too bare, they hit a couple inches below the widest part of the thigh.

Shorts, Merona, $19.99; target.com. Earrings, T+C Theodora & Callum, $24; lordandtaylor.com. Top,$59.95; thelimited.com. Sizes XS to XXL. Jacket, $34.94; oldnavy.com. Sizes XS to 4X. Bag, Jade Tribe, $110; everythingbutwater.com. Sandals, INC International Concepts, $59.50; macys.com.




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PHOTOGRAPHED BY Lee Clower



“These just covered the areas that aren’t so toned, so all you see are my legs, which I love.”

—OUR MODEL-FOR-THE-DAY, MONIQUE PRIDGEON, 41

Shorts, $39.90; uniqlo.com. Earrings, $30; wanderlusternewyork.com. Necklace, T+C by Theodora and Callum, $42; lordandtaylor.com. Top, $59.50; bananarepublic.com. Bracelet, $36; marlynschiff.com. Ring, $59; wanderlustandco.com. Clutch, $23; shiraleah.com. Wedges, $69.95; solesociety.com.

Discounts are valid from June 18, 2015, through July 20, 2015, and do not include taxes or shipping.



# A game-changing bronzer trick

"It can give you more than just glowy skin," says Mally Roncal. "When done right, bronzer creates dimension that brings out your features, too." This is proof.

< Makeup artist Mally Roncal works with stars like Beyoncé and Jennifer Lopez and is the founder of Mally Beauty cosmetics.

Of all the cosmetics out there, bronzer is probably the most misunderstood, so I get why it's intimidating. Like a lot of women, Cindy here—a voiceover artist and mom to two teenage boys—had been sweeping it all over her face, which can look muddy and fake. The secret is to scale it back to a few key areas, then add a little blush and highlighter. You'll create a healthy, luminous effect that makes your eyes, cheeks, and jawline stand out. And it couldn't be quicker or simpler.




"I love how believable the color looks, and my face seems more defined."

—OUR MODEL-FOR-THE-DAY CINDY LENTOL, 45



**Start AT YOUR JAW** Choose a matte bronzer just a shade or so darker than your skin. Using a powder brush, dust it along your jawline from ear to ear. Go in little circles rather than brushing back and forth, which can leave streaks.



**SWEEP IT ACROSS YOUR HAIRLINE** Bronzer on the perimeter of your face gives you subtle contouring. Swipe what's left on the brush where the sun would tan you: across your forehead, the apples of your cheeks, and your chin.



**ADD A TOUCH OF SHEEN** This is key to a realistic finish because it lifts the face. Blend a champagne-colored highlighter (for olive skin, use gold) along your cheekbones, then dab a bit on your brow bones and the tip of your nose.



**SWIRL ON A ROSY BLUSH** It'll mimic that post-beach flush. Apply it on the apples or, if you have fuller cheeks like Cindy's, right under your cheekbones. Skim it on the tip of your nose, and that's it. So pretty and natural!

STUDIO D. HAIR: MATTHEW TUOZZOLI AT ABTP.COM. MAKEUP: MASAKO KIZUKI FOR MALLY BEAUTY. MANICURE: SUNSHINE OUTING AT ABTP.COM. STYLIST: ROBIN PAGE. RONCAL: PHIL BICKETT.



PHOTOGRAPHED BY Peter Rosa

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# 1 affordable lamp, 3 easy D.I.Y.s



"A statement-making light can be expensive," says our design specialist Emily Henderson. "But it's so easy to turn a simple glass or ceramic lamp into something special—and completely unique." Here she used one from Target, but you can try these ideas on any basic piece you have around the house.

< Emily Henderson is a stylist, decorator, HGTV *Design Star*, mom, and D.I.Y. guru.



Threshold double gourd glass lamp bases, $44.99 each, and drum linen lampshades, $19.99 each; target.com.

## COVER THE SHADE



**Pick your fabric.** Choose a lightweight cotton fabric—it will adhere easily and still allow light to glow through. Buy enough to wrap your shade with room to spare. Lay the fabric pattern-side down, then roll the shade along the fabric while tracing both edges. Add ½ inch to all sides and cut.



**Adhere your fabric.** Mist the fabric with spray adhesive, then roll the shade along it. Fold the vertical edge of the fabric under to create a clean seam, then trim off the excess. I like a rotary cutter for the horizontal edges ($16 at michaels.com)—it will give you a closer cut than scissors.

## WRAP THE BASE



**Choose your rope.** For this lamp I used ¼-inch sisal rope. It's about $7 for 50 feet at amazon.com, which is more than enough to cover two bases this size. You could also add a coat of spray paint right over the sisal, or use neon climbing rope, decorative fabric trim, or even velvet ribbon.



**Get wrapping.** Start at the back of the lamp where the cord comes out and begin wrapping, applying hot glue and working in sections a few inches long. Every few rows, take a step back to make sure your lines look evenly spaced. To finish, just snip off the excess and glue down the raw edge.

## HAVE FUN WITH PAINT!



**Start with the base.** Choose a pretty color (leftover house or craft paint will work) and grab a thin brush. Of course you can paint *anything* on here—a monogram, stripes, a crazy-impressive landscape scene—but these circles are modern and so easy. Just make loose loops, the more irregular the better.



**Now, the shade.** Take the same paint and water it down in a disposable cup so it's three parts water to one part paint. Then use a larger brush (mine is 1½ inches) to apply the mixture. The trick to avoiding streaks is laying the paint on thick and moving quickly with long, vertical brushstrokes.

PROP STYLIST: SCOTT HORNE AT BIG LEO PRODUCTIONS. HENDERSON: LUKE & KATHERINE GRIFFIN.



PHOTOGRAPHED BY David Tsay

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# Solutions for a better summer workout

This sultry season comes with plenty of issues: chafing, dehydration, *so much sweat*. Alison Sweeney has conquered them all, and so can you.

Alison Sweeney stars in and is co-executive producer of the *Murder She Baked* franchise for Hallmark Movies & Mysteries and hosts *The Biggest Loser*. >



Ali's cool water infuser: AdNArt Flavour It, $17.99; amazon.com.

Even when it's sweltering, I crave being outside. For me, it revolutionizes my workouts. There's something about the feel of actual ground under my feet that keeps my entire body—and my mind—engaged. I keep the hot temps from ruining it for me this way:

**THE BUMMER** You have allergies, and sometimes during your workout you turn into a teary, drippy mess.

**MY SOLUTION** Be flexible! I've always suspected that my allergies are at their worst when it's breezy, but it turns out even the time of day can be a factor depending on which plants are in season. (Ragweed, for example, pollinates in the morning.) Check the pollen count before you head outside, or just glance at the cars on your street: If there's yellow gunk on the windshields, save your workout for later.

**THE BUMMER** Your thighs rub when you're running, and holy crap, it burns!

**MY SOLUTION** Wear formfitting clothes, always. I used to work out in baggy T-shirts, but I've learned that they can lead to trouble on a long run, because it's not just skin rubbing together that hurts—loose fabric will chafe too. Look for fitted pants and tops made from moisture-wicking fabric. They stay put *and* keep sweat away from your skin—a good thing, since salt creates even more friction.

**THE BUMMER** You love a good swim, but the chlorine dries out your skin and wreaks havoc on your hair.

**MY SOLUTION** If a swim cap just isn't your thing (I hear you), douse your strands with regular tap water before you hop in the pool. Your hair can't absorb as much chlorine when it's wet, which means less damage and, if you're like me, keeping your blonde hair *blonde*. When you're finished, wash your hair with a gentle shampoo (or even better, one made just for swimmers) and rinse the chlorine off your skin before you put on body lotion.

**THE BUMMER** You wear SPF but end up with random, streaky burns anyway.

**MY SOLUTION** Start with a sweat-proof sports sunscreen; I prefer a lotion, because my derm says sprays are rarely applied correctly. I used to miss the back of my neck, my ears, and underneath my jaw, so now I hit those trouble spots first. Slather it on an inch or two underneath the edges of your clothes, too, just in case they shift during your workout.

**THE BUMMER** You feel like you need to chug about five gallons of water when you get back from a run.

**MY SOLUTION** Start drinking water long before you exercise so you don't feel dehydrated after sweating it out. I keep a bottle on me at all times, and since I'm easily bored by plain old $H_2O$, I infuse it. Try blueberries and mint or cucumber and basil—you'll feel like you're at the spa!

HAIR: DAVID KEOUGH AT CELESTINE AGENCY. MAKEUP: CORINA DURAN FOR EXCLUSIVE ARTISTS MGMT USING DIOR. MANICURE: MARIEL PIZARRO. STYLIST: NICOLAS BRU AT THEONLY AGENCY. PROP STYLIST: NANCI BENNETT. ON ALI: CLOTHING BY LULULEMON. EARRINGS BY EF COLLECTION.



PHOTOGRAPHED BY Brian Bowen Smith


Your body changes 500+ times a day.
Your deodorant should keep up.
Body changes can cause odor. So keep up with whatever the day throws your way with **Secret Clinical Strength's** Adapts&Responds Technology.™ **FEARLESSNESS.** APPLY DAILY.
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Customized Protection
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# A dinner idea for hot nights

Resident food genius Carla Hall has the solution for feeding everyone and maintaining your sanity: a picnic, prepared in 15 minutes max.



Carla is cohost of *The Chew* and author of *Carla's Comfort Foods: Favorite Dishes From Around the World.* >

There are some evenings when it's too muggy to even grill, never mind turn on the stove. That's when I throw a picnic. There is no cooking, no sweating, no serious dish scrubbing—just assembling. The trick is to keep it simple and be creative with what you have in your fridge. I usually whip up some easy salads to have something fresh on the table and then grab some bread and whatever deli meats I've got. Just spread out a tablecloth on your living room floor, and remember to give thanks for air-conditioning.

"No picnic is complete without pickles. Spicy bread-and-butter are my favorite."

## TOMATO SALAD

In a medium bowl, whisk 1 Tbsp balsamic vinegar, 2 Tbsp extra-virgin olive oil, 1 grated garlic clove, and 2 sprigs of thyme (leaves only). Slice 1 lb tomatoes into ¼-in. rounds and layer on a platter. Season with salt and pepper. Drizzle with dressing and garnish with torn basil leaves.
*Makes 4 servings. Per serving: 85 cal, 7 g fat (1 g sat fat), 1 g protein, 6 g carb, 2 g fiber.*

## CUCUMBER SALAD

In a medium bowl, whisk 1 Tbsp red wine vinegar and 2 Tbsp extra-virgin olive oil; season with salt and pepper. Toss with 1 cucumber, sliced on the bias into ¼-in. coins, ½ small thinly sliced red onion, and a handful of chopped dill.
*Makes 4 servings. Per serving: 71 cal, 7 g fat (1 g sat fat), 1 g protein, 2 g carb, 1 g fiber.*

## MOROCCAN CARROTS

In a small bowl, whisk 1 Tbsp lemon juice, 2 Tbsp extra-virgin olive oil, ½ tsp ground cumin, ½ tsp chili powder, and salt and pepper to taste. Toss with 4 peeled and thinly shaved or grated carrots and ¼ cup crumbled feta cheese.
*Makes 4 servings. Per serving: 117 cal, 9 g fat (2 g sat fat), 2 g protein, 8 g carb, 2 g fiber.*

Petra green tablecloth, $52; pomegranateinc.com. Dauville spoons in gold, $18 for 3; canvashomestore.com. Enamelwork serving set, $28 (fork not pictured); anthropology.com. Large acacia plate, $32; westelm.com. Aqua ring glass, $12; apartment48.com.

FOOD STYLIST: EUGENE JHO AT PLUM REPS; PROP STYLIST: SARAH GUIDO AT HALLEY RESOURCES. HALL: CRAIG SJODIN/ABC



PHOTOGRAPHED BY Sam Kaplan




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# Boost your money confidence

The first step is to stop being intimidated by the language of finances. Nicole Lapin decodes the jargon so you can make great decisions with your dollars.

Nicole Lapin is a former CNBC and CNN anchor and the author of *Rich Bitch: A Simple 12-Step Plan for Getting Your Financial Life Together... Finally.* >




If I could offer four words to summarize my advice to women about their finances, they would be these: Stop smiling and nodding.

While I was in journalism school, I went to a party with some big names in TV news, including Helen Thomas (as in, the first female member of the White House press corps). While she was chatting with a few people, I worked up the courage to say hello. I shook her hand, then the group returned to talking about "shorting a stock." It stumped me—but I didn't dare ask questions. I stood like a smiling bobblehead and missed my only window to engage with my idol. (Later, I learned that **"going short"** means trying to make money from a stock that you doubt will do well long-term.)

Often, women are at a financial disadvantage because we don't speak the language. Many of the concepts aren't too difficult, so as soon as you become fluent, you can join the conversation, follow financial headlines, and make more informed choices. Let's start building your financial dictionary.

**ASSET:** Anything you own that has cash value. Assets aren't limited to what's in your bank account. Your home and your car: Those are assets. Assets that are cash or can be turned into cash quickly, like stocks, are "liquid assets." Ones that are hard to turn into cash fast, like a home, are "illiquid." Add both asset types and subtract any debt and liabilities and you get **net worth**, as in, "Oprah has a net worth of $3 billion." For most of us non-billionaires, though, you'll only really need the word *asset* when you apply for a loan or talk to your brokerage firm about your investments (which are also a type of asset).

**COMPOUND INTEREST:** Let's start with a term you probably know: regular ol' **simple interest**, the money you make from an investment or the money a lender makes from a loan to you. Compound interest, then, is when you take the interest from your original investment and reinvest it, so you can make money from that, too. You'll be earning "interest on interest," which multiplies your money quickly. Sounds powerful, right? It is. Most savings vehicles, like mutual funds, 401(k)s, and IRAs, already have compound interest built in, which is why you want to get one going ASAP to let the money snowball for as long as possible. But beware: A *loan* with compound interest—common on credit cards—can drive you into debt quickly, because the interest you haven't paid off yet keeps growing more interest.

**THE DOW:** I'll bet you hear this one a lot—especially if you're like me and obsessed with TV news. It's an abbreviation for the Dow Jones Industrial Average, a collection of the top 30 "blue chip" stocks such as Apple, Microsoft, and Wal-Mart. **Blue chip** is a nickname for very stable companies that are considered the strongest of the bunch, so they tend to weather the smaller ups and downs of the stock market. The performance of these stocks is usually a good indicator of how the overall market is doing. If you hear, "The market is up today," that's most likely referring to the Dow. It's good to know, because the Dow can reflect how other stocks will perform over time, as well as *your* spending power: When it falls for a long period, the economy usually isn't faring well either, and your money may not go as far. So being aware of the Dow helps you be a smarter investor *and* consumer.

**FEELING SMART NOW, RIGHT?** Visit nicolelapin.com/help-is-here/dictionary to learn more terms.



PHOTOGRAPHED BY Ronda Gregorio


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# red BEAUTY

PHOTOGRAPHED BY Shana Novak



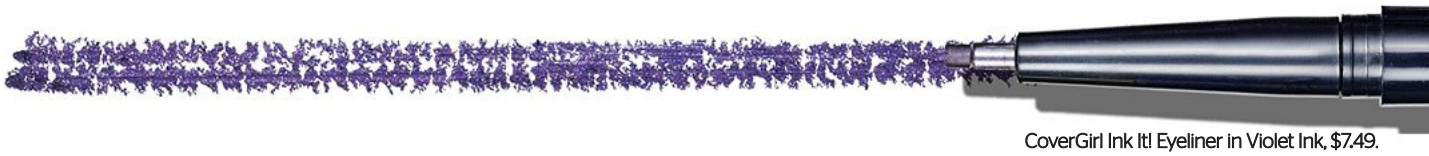
NYC New York Color HD Automatic Liner in Deep Purple, $1.99.



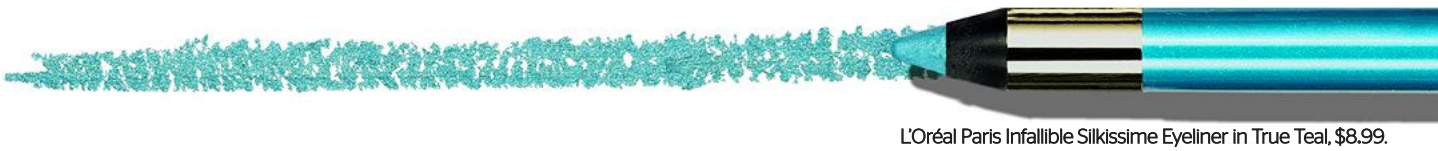
Make Up For Ever Aqua Matic in #ME-32 Metallic Golden Khaki, $21.



Maybelline New York Eye Studio Lasting Drama Waterproof Gel Pencil in Lustrous Sapphire, $7.99.



CoverGirl Ink It! Eyeliner in Violet Ink, $7.49.



L'Oréal Paris Infallible Silkissime Eyeliner in True Teal, $8.99.



Rimmel London ScandalEyes Waterproof Kohl Kajal Eyeliner in Deep Blue, $4.



Estée Lauder Double Wear Stay-in-Place Eye Pencil in Emerald Volt, $23.



Benefit They're Real Push-Up Liner in Beyond Green, $24.

## Get bright-eyed!

A flick of colorful liner makes you look refreshed and awake. Plus, come on, it's summer—when better to have fun with your makeup? Just pick any one of these melt-proof formulas, draw a thin line along your top lashes, and you're set for the night.

PROP STYLIST: BETIM BALAMAN AT APOSTROPHE.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

# beauty under $25

This time of year calls for hardworking products in juicy colors, at prices that leave room for a margarita.

1



2


3



4



16


15



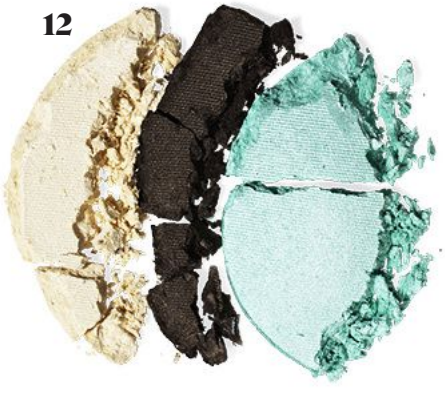
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14



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11



STUDIO D, BOOTS BOTANICS; COURTESY OF MANUFACTURER.

Forget all those blooming flowers: This



PHOTOGRAPHED BY J Muckle




**1** The beads in this hair serum release nourishing coconut oil and strengthening proteins to give strands a smooth, shiny finish. Nexxus New York Salon Care Humectress Encapsulate Serum, $17.99.

**2** This zesty lime-and-mint body scrub softens skin like a dream—and gives you a nice jolt on tired mornings. The Body Shop Virgin Mojito Body Scrub, $22.

**3** Cool off while protecting skin with this gel sunscreen: It goes on nice and chilly. L'Oréal Paris Advanced Suncare Invisible Protect Clear Cool Lotion SPF 50+, $10.99.

**4** One dab of this tawny lip gloss creates a plush, Bardot-worthy pout. Estée Lauder Pure Color Gloss Pen in Nude Bronze, $22.

**5** The original shea butter and vitamin E balm in a fancy li'l stick. Carmex Moisture Plus Ultra-Hydrating Lip Balm SPF 15, $2.99.

**6** This vivid poppy cheek color delivers a sexy flush on every skin tone (just sheer it out if you're fair). Lancôme Blush Subtil Crème in Corail Alizé, $24.

**7** Detangle wet-hair snarls more easily with a wide-tooth comb in a joyful hue. Sephora Mini Tidy Comb, $6.

**8** Work a drop of this moisturizing gel through damp hair to get touchable body. Garnier Fructis Full & Plush Voluptuous Blow Out Bodifying Treatment, $5.99.

**9** With cucumber to calm puffiness and antioxidant green tea, this hydrating eye cream soothes *and* absorbs in seconds. E.l.f. Skincare Illuminating Eye Cream, $10.

**10** For a quieter take on colorful nail polish, try a delicate pastel shade. Sally Hansen Complete Salon Manicure in (from left) Au Nature-al, Mum's the Word, and What in Carnation?, $7.99 each.

**11** Such a lovely gift for a hostess—or dammit, just treat yourself! Michel Design Works Pink Grapefruit Bath Soap Bar, $9.

**12** A trio of shadows handpicked to bring out hazel eyes (there are also trios for green, blue, or brown eyes). Almay Intense i-Color Party Brights for Hazel Eyes, $8.49.

**13** The angled brush is small but mighty, fanning out every single lash. CoverGirl The Super Sizer by Lashblast Mascara, $7.99.

**14** With fruit acids to exfoliate, this serum evens out skin just as well as a pricier version would. Boots Botanics All Bright Radiance Concentrate Serum, $13.99.

**15** Spritz on this fruity-musky scent when you want to be nuzzled. 25 readers will win Avon Rare Amethyst eau de parfum, $23 for 1.7 oz; see page 134 for details.

**16** Just one of the lush shades you get in a set of three full-size glosses. Elizabeth Arden Sunkissed Pearls Lip Gloss Trio, $24.

month, *you* are the prettiest thing going.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.



**Nix mascara smudges.**
Dust a tiny bit of face powder on lashes before applying mascara—the powder will help the mascara stick better, so it doesn't smear.

# hot ideas

**(for looking cool all summer)**

## Embrace those skyrocketing temperatures! Our pro tips defeat frizz, melty makeup, and more, so you can be gorgeous without breaking a sweat.

**By Kayleigh Donahue Hodes  Photographed by Donja Pitsch**

**Heatproof your lipcolor.** To prevent the lipstick you swipe on at 9 a.m. from running all over the place by noon, do this before you put it on: "Use a small brush to trace concealer around the edges of your lips," says makeup artist Troy Surratt, founder of Surratt Beauty cosmetics. Or, if you're a gloss gal, "first line and fill in your mouth with a lip pencil that's the same color as your gloss," says makeup artist Daniel Martin, who works with Jessica Alba. "When the gloss wears off, you'll still have the stain underneath."

**Protect the skin below your chin.** "The skin on your neck and chest is the thinnest on the body, so it really shows your age," warns Amy B. Lewis, M.D., a clinical assistant professor of dermatology at Yale University School of Medicine. So *please*, smooth a broad-spectrum, SPF-30-or-higher sunscreen all the way down to your chest. When you're outdoors, reapply every two hours—a clear stick sunscreen makes it quick, plus it won't stain your top.

**Groom your brows in seconds.** Skip the pencil and, instead, "mist aerosol hairspray on a spoolie brush and sweep it through your brows," says makeup artist Molly Stern, who works with Reese Witherspoon. "This gives them a nice shape and sets them in place all day." Try Sonia Kashuk Spoolie, $1.99.




Clockwise from top left: Neutrogena Beach Defense Stick Sunscreen Broad Spectrum SPF 50+, $10.99; Rouge Dior Brilliant Lip Shine in Victoire, $35; Maybelline New York Color Sensational Vivids in Very Rose and Very Cherry, $7.49 each (25 readers will win one in Very Cherry; see page 134 for details); Physicians Formula Gentle Wear 100% Natural Origin Loose Origin Powder, $13.95; Mally Beauty Crease Brush, $15.

**Keep concealer right where you want it.** To up its staying power, choose a thick, creamy formula that has some tack; we like Tarte Maracuja Creaseless Concealer, $25. Then, after you've applied it, "set the concealer with a tiny bit of translucent face powder, which helps it bond to skin," says Surratt. Use an eyeshadow crease brush, which is narrow and fluffy, to dust it on. "A larger brush delivers too much powder and can make it settle into crinkles," says Stern.

HAIR & MAKEUP: AMY CHIN FOR AMYCHINBEAUTY USING TROI OLLIVIERRE. THIS PAGE: PRODUCTS: CHRISTOPHER COPPOLA/STUDIO D; STYLIST: KRIS JENSEN AT MARK EDWARD INC. MALLY BRUSH: COURTESY OF MANUFACTURER. OPPOSITE PAGE: NECKLACE: AVMAX.




## Make your cosmetics work harder.

Who doesn't want to look good with less on right now? If you choose products that perform double duty, you'll save precious time, too. For example, a shimmery nude eyeshadow also works as highlighter. "Dab it on the tops of your cheeks or over lipstick—wherever you'd like luminosity," says Surratt. A champagne shade is good on fair skin, while a gold or copper hue flatters olive and dark skin tones. And any rosy cream blush or lipstick looks beautiful on both cheeks *and* lips. "Whichever product you pick, tap it on your lips first with your finger so they get more color, then pat the rest on cheeks for a sheer flush," says Martin.

Clockwise from top left: Clinique Chubby Cheek Colour Balm in Robust Rhubarb, $21; SkinCeuticals Physical Matte UV Defense SPF 50, $34 (25 readers will win one; see page 134 for details); Nars Dual Intensity Eyeshadow in (from top) Andromeda and Himalia, $29 each; Mad Jewels Navy Prep Hair Tie, $26; Nyx Cosmetics Green Tea Blotting Papers, $6 for 100; Goody SlideProof Large Autoclasp Barrette, $2.99.

## Use oil-blotting papers to scale back your makeup.

They can do more than clear up a greasy forehead—they can also help your makeup look more natural. "After you've applied a creamy formula like a blush, lipstick, or BB cream, lightly press a blotting sheet along that area of skin," says Surratt. "It'll soak up any excess oil from the product and leave behind just the pigment, so the finish looks more like your own skin or lips."

# Lighten your skin care.

A rich cream is your skin's BFF in the dry, cold winter. But right now it's more of a frenemy, "because unless you have very dry skin, you don't need all that moisture in the summer, which can make your face shiny and clog your pores," says Lewis. So switch to a lightweight, oil-free lotion—for naturally oily skin, a gel texture is ideal—and make sure your facial sunscreen is labeled *mattifying*, which means it contains oil absorbers like clay or silicone. SkinCeuticals Physical Matte UV Defense SPF 50 also has a sheer tint to help even out your complexion.

**Add a pretty touch to your ponytail.** All it takes is swapping that plain ol' elastic for something a little foxier, like, say, a fabric-and-gemstone hair tie that looks just as elegant wrapped around your wrist. Or secure a low pony with a wide tortoiseshell barrette—so sleek and classic. To prevent the clip from slipping out, tease the underside of your hair before gathering it into a ponytail, then snap the barrette as close to the nape of your neck as possible.





## Flick up your eyeliner.

It's the easiest way to be a little glam, and if you use a waterproof black pencil, the color will stay put all night. First, draw a thin line along your top lids, then add a slight Holly Golightly sweep at the end. To draw the perfect flick, "smile, then look at the outer corner of your eye," says Martin. "You'll see where the skin naturally creases right off your top lid; just extend your liner a bit out along that crease for a soft, flattering winged effect."

## Create that lit-from-within radiance.

Feel like you're walking around with your own personal lighting guy by blending equal-size drops of a liquid highlighter and your regular face lotion together on the back of your hand, then dab the mix all over your face with a makeup sponge. "You'll get a natural, subtle incandescence," says Surratt. (We like L'Oréal Paris True Match Lumi Liquid Glow Illuminator, which comes in a pearl shade for fair skin, rose gold for olive skin, and bronze for dark skin.)

win IT!

From top: Revlon ColorStay Eye Liner in Black, $7.99; L'Oréal Paris True Match Lumi Liquid Glow Illuminator in Rose, $12.99 (25 readers will win one; see page 134 for details); Ban.do Everyday Bobbis in Neon Pink, $12 for 26 pins; Suave Professionals Luxe Style Infusion Anti-Humidity Hairspray, $4.99.

## Manage your bangs on a hot day.

Oh, the sweat and the sticking-to-the-forehead… not good. These quick fixes look adorable *and* get them out of the way.

**Clip aside blunt bangs.** When you stack a couple of colorful bobby pins on top of one another or stick two in the hair in a crisscross pattern, "they become an accessory, so simply pinning your bangs off to the side suddenly looks cool," says stylist Riawna Capri, who does Julianne Hough's hair.

**Braid long side bangs.** For the cute style above, mist your bangs with hairspray, then blow-dry them back off your face for a minute. "Next, start a French braid along your hairline about a third of the way in across your forehead," says hairstylist Peter Butler, whose clients include Claire Danes. "Continue the braid along your hairline to your ear, feeding your bangs into it as you go; pin the ends behind your ear."

THIS PAGE: EARRINGS: AMELIA ROSE. OPPOSITE PAGE: EARRINGS: RACHEL MEIS. SHOT ON LOCATION AT THE CURAÇAO MARRIOTT RESORT AND EMERALD CASINO, PISCADERA BAY, CURAÇAO.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

# How to pack the ideal travel kit

You can fit your entire routine into one small case if you choose minis that do multiple jobs. Our habitually on-the-road beauty director, Victoria Kirby, shares her method.

Kestrel Garden Splash Train Case, $92.

"This Burt's Bees eye cream comes in an itsy bottle—and is *so* tough on wrinkles."

"The slimmest package of Handy Candy antibacterial hand wipes—a must!"

"Almay's eye-makeup-remover pads take it all off without irritating my sensitive eyes."

## Smart skin care

I rely on products that already come in tiny packages (except for face wash, which I pour into a travel bottle). In the a.m., I dab on a few drops of antioxidant serum under my Burt's Bees Renewal Day Lotion, which has SPF 30 built right in. Before bed, I apply a facial oil as my moisturizer. My eye cream works day and night, and I use premoistened pads to clean off eye makeup.

## Hair multitaskers

Single-dose packets of shampoo and conditioner are a real space saver; these Oribe ones protect my color, and I use the leftover conditioner as shave cream. A tiny bottle of the classic L'Oréal Paris Elnett hairspray also works as a volumizer, while a powder dry shampoo like Oscar Blandi's lasts longer than a spray. And fabric hair ties and bands can be smushed in anywhere.

## And don't forget...

I never pack soap—what hotel or friend's house doesn't have *that*? But I always bring a small bottle of Kiehl's Crème de Corps body lotion (it's nice and rich, so a little goes a long way), a nail file for chips, and mini tweezers; Tweezerman's are the best. I also bring Q-tips and cotton rounds. A rollerball fragrance oil is a no-brainer: My favorite is Kai, which smells just like tropical white flowers.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

STYLIST: MICHELE FARO AT BRYDGES MACKINNEY.



PHOTOGRAPHED BY Johnny Miller


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Q A

# Drew Barrymore has the best shortcuts

The 40-year-old mom of two gets picture-perfect in the car and loves an affordable buy. Her tips will make *your* mornings so much easier.

**REDBOOK: On Instagram, you show yourself applying makeup in transit with the hashtag #commuterbeauty. What's the idea behind that?**

**DREW BARRYMORE:** Now that I have a toddler and a 1-year-old, the only time I have to put on makeup is when I'm on the go—it's what we women do! I've done my face in my car's rearview mirror, in an elevator, you name it.

**RB: So you've mastered the five-minute face?**

**DB:** Oh, five minutes is too long—it's more like the two-minute face. First I swipe a stick concealer over my red patches, then I dab Flower Lip Service Lip Butter in Mauve Mimosa on my lips and cheeks, which gives me healthy color. [Drew is the founder of Flower beauty products.] And hiding my dark circles has become my number-one priority, so I use Flower Daily Brightening Undereye Cover Crème.

**RB: After decades spent in the hair and makeup chair, what are the coolest tips you've learned?**

**DB:** Putting eyeliner on the inside corners of your top lids completely opens up your eyes—if you wear glasses, it's a game changer. Also, to tiptoe into bright makeup, trace a colorful eyeliner or eyeshadow along your upper lash line. It'll add just a hint, so you won't come across as crazy blue-eyeshadow woman.

**RB: Your skin is always radiant. What's your secret?**

**DB:** I swear by highlighter, but don't put it on over your blush—it'll look murky. Instead, pat it just on the tops of your cheekbones, then add a little on the slope of your nose, across your forehead, and a dot on the bow of your lips, then feather out all the edges. It really changes the way your makeup looks.

win IT!




**RB: What do you use for skin care?**

**DB:** I always wash my face in the morning and before bed, no matter how tired I am; I like the Cetaphil basic cleanser. And I'm obsessed with toners: They shrink your pores and keep your skin clean. You have to moisturize afterward, and I like Sunday Riley Juno face oil, though it's expensive. I also use the Olay Regenerist cream—it's incredible.

**RB: You switch up your beauty look a lot.**

**DB:** Well, being an actress is an acceptable occupation for reinvention!

**RB: Very true. What was your favorite look?**

**DB:** Back in 2009, I had white-blonde hair with black-dyed ends. That's my favorite hairdo ever. [If I did it now] my husband would think I'd lost my mind, but it made me *so* happy.

**RB: Tell us one of your favorite indulgences.**

**DB:** I'm a french fry girl. There's no fry I deny. Wow, I've never said that before, but I might just make it my new phrase! *—As told to Kate Sullivan*

**Drew's must-haves** (from top): Flower Lip Service Lip Butter in Mauve Mimosa, $6.98; Flower Shadow Play Eyeshadow Quad in Secret Garden, $8.98 (25 readers will win one; see page 134 for details); Sunday Riley Juno Hydroactive Cellular Face Oil, $125; Flower That's So Kohl! Kohl Eyeliner in Illu-min-eye-zer, $7.98, "which I use as highlighter"; Cetaphil Gentle Skin Cleanser, $11.99 for 16 oz; Olay Regenerist Micro-Sculpting Cream, $25.99.

STILLS: J MUCKLE/STUDIO D. BARRYMORE: STEVE GRANITZ/WIREIMAGE.



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Mocha Latte flavor shown.

# Acne! Wrinkles! *Argh*

This particularly lovely combination of issues is so common—and so solvable. Our expert regimen will get you smooth and clear right away.

BY CARA LITKE SULLIVAN



When we pine longingly for younger-looking skin, most of us aren't thinking about the pimples we had at 17. But they often creep back right around the time we spot those first few lines, and they can be just as stubborn. "Women go through hormonal changes in our late 30s and 40s that can cause our androgen levels to spike," explains Jeannette Graf, M.D., an assistant clinical professor of dermatology at Mount Sinai Medical Center in New York City. "Skin produces a lot more oil, which can lead to breakouts, especially around your mouth, jawline, and neck." To complicate matters, if you use anti-aging products and then add the wrong acne fighters to the mix, the overload can send your complexion into a red, flaky tailspin. Allow us to guide you back to your soft, glowing self.

## Rev up your morning routine

Even if your face doesn't look shiny, breakouts mean there's pore-clogging oil lurking beneath the surface. One way to get oil under control is to switch to a cleanser with 0.5 to 1 percent salicylic acid, like Burt's Bees Natural Acne Solutions Purifying Gel Cleanser. Next, swipe an alcohol-free toner such as Neutrogena Alcohol-Free Toner over your entire face. And forget what you've heard about the sun clearing up pimples: "Studies suggest that UV rays—which we *know* cause wrinkles—may make acne worse, so always wear an oil-free, SPF 30 or higher lotion labeled *noncomedogenic*," says Jennifer Lee, M.D., clinical assistant professor of dermatology at Vanderbilt University Medical Center. Try Hada Labo Tokyo Protecting Day Lotion SPF 30.

## Use glycolic acid at night

At bedtime, wash with the salicylic acid cleanser, but let it sit on your skin for 30 seconds before rinsing to dissolve oil. Apply your toner all over, then smooth on a serum that contains 5 to 8 percent glycolic acid (if you have sensitive skin, use this every other night for the first week or two). "The ingredient triggers collagen while also unclogging pores, so it's great for treating pimples and wrinkles simultaneously," says Neal Schultz, M.D., a board-certified dermatologist in New York City and the founder of BeautyRx Skincare by Dr. Schultz. Try Ole Henriksen Invigorating Night Treatment. Follow with an oil-free moisturizer, then dab a benzoyl-peroxide spot treatment like Clinique Acne Solutions Emergency Gel-Lotion, $17, on zits. If your breakouts persist, a dermatologist can prescribe a one- to three-month dose of spirolactanone, a blood-pressure medication that's often used off-label to reduce acne.

## Watch out for skin-sabotaging foods

Chocolate isn't the offender here—in fact, the dark kind is better than reaching for low-fat or fat-free sweets, which are often loaded with added sugars that can make both acne and wrinkles worse. Same goes for refined white grains like white bread and pasta. "These high-glycemic-index foods cause a boost in skin's oil production and set off a process called glycation, which damages skin's collagen and elastin," says Lee. You may also want to skip the skim milk in your coffee: Some studies indicate it's linked to acne. Espresso, anyone? ®

## YOUR SIMPLE, DOES-IT-ALL REGIMEN




**Burt's Bees** Natural Acne Solutions Purifying Gel Cleanser, $10.

**Neutrogena** Alcohol-Free Toner, $6.99.

**Hada Labo Toyko** Protecting Day Lotion SPF 30, $18.

**Ole Henriksen** Invigorating Night Treatment, $45 (25 readers will win it; see page 134 for details).

THE LICENSING PROJECT. STILLS: COURTESY OF MANUFACTURERS.



SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

PHOTOGRAPHED BY Jan Van Zonligt



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ALLERGAN



# 5 beauty tricks I just learned

From a movie star's hair secret to drugstore finds that'll boost your glow, beauty director **Victoria Kirby** has tracked down all the info you'll need to feel gorgeous.




## Bare nails have never looked better.

Listen up, my fellow mani addicts—or anyone who wants healthier nails: To keep them in shape, manicurists say you should go polish-free one week out of the month. If that idea fills you with dread (me too), give them some TLC with a Zoya Naked Manicure Perfector ($9). Brush on one of these tinted treatments (there are four nudes for different skin tones, plus a lavender to neutralize yellow stains) to make nails look smooth and lovely while vitamins and proteins in the formula help strengthen nails over time.

## Jennifer Aniston has *great* advice.

This lady is full of hot hair tips! At a recent event for Living Proof (Jen is co-owner of the hair-care brand), she told me, "I shampoo only every two to three days. In between, if my hairline gets frizzy, I'll dab a little water on it and freshen it up with a blow-dryer, then I mist Living Proof No Frizz Humidity Shield [$22] all over my head." 20 readers will win one; see page 134 for details.




**Vitamin D helps zap a cold sore.** They tend to pop up more in the summer, but this idea from dermatologist Joshua Zeichner, M.D., of Mount Sinai Hospital in New York City, can help: "If you feel one coming on, prick open a vitamin D capsule and squeeze the liquid onto your skin. Its anti-inflammatory properties can reduce the cold sore's severity, though be sure to use your OTC medication as well."

STILLS: J.MUCKLE/STUDIO D. ANISTON; BARRY KING/FILMMAGIC. KIRBY: J. RYAN ROBERTS/STUDIO D.




## I'd been doing masks all wrong.

Lately, the only thing shining brighter than the sun is my oily T-zone. So once a week, I apply an oil-absorbing clay mask and wait until it dries to that stiff, crackly state before rinsing. "*Bad* idea," says Meghan O'Brien, M.D., a clinical instructor of dermatology at Weill Cornell Medical College in New York City. "When you leave a clay mask on too long, it can dehydrate and irritate skin." Keep it to five minutes max, and try a formula made for sensitive skin: Malin+Goetz Clarifying Clay Mask ($48) uses extra-mild kaolin clay.




BareMinerals Pop of Passion Blush Balm in Posy Passion, $22.

## A cotton pad is an ideal blush tool.

So says makeup artist Gita Bass, whose clients include Tina Fey: "Instead of using your fingers to apply cream blush, which can cause bacteria to grow in the formula, swipe the smooth side of a cotton pad in the color and use that to pat it on your cheeks, *then* blend in with your fingers." Bass relies on Q-tips Beauty Rounds, $4.99 for a pack of 75.



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red STYLE

PHOTOGRAPHED BY Shana Novak

# The most versatile new bag

A zippered clutch does a zillion things: It's sleek enough to be an evening purse, fun enough to add spark to weekend basics, and light enough to throw in your work tote to keep you organized. And most important, the ones here are so cute, you'll smile every time you reach for 'em.

From top: $39.95; gap.com. $69; kayudesign.com. $128; henribendel.com. $78; katespade.com. $85; deuxlux.com **(20% off with code REDBOOK20)**.

PROP STYLIST: BETIM BALAMAN AT APOSTROPHE.

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1



2



3

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7

# fashion under $50

Too. Hot. To. Think. No worries: These magical, hardworking finds make it easy to feel fresh in a snap.



6



5



4

## Be bright... and a little dark, too

**1** Orange you glad this adorable handbag has such a nice price? Clutch, $26; gojane.com (20% off with code RB620R). **2** A mini marble masterpiece for your finger. Ring, Danielle Nicole x Capwell Co., $32; capwell.co. **3** People will marvel at the kaleidoscopic print (butterflies!) and how trim you appear (those seams are super-slimming!). Dress, from $48; dressbar.com. Sizes 4 to 24. **4** This necklace will make even a plain white tee feel all artsy and sophisticated. Necklace, $36; derng.com (20% off with code REDBOOK20). **5** Bold pumps that give off an "I've got this under control" vibe. Heels, $49.99; callitspring.com. **6** Orange turns an airy tunic into a solid statement piece. Top, $37; lulus.com (20% off with code LULUS20). **7** The paper-bag waist lets you do the slouchy-shorts thing without fear of looking schlumpy. Shorts, Lou & Grey, $49.50; loft.com.

STUDIO D. STYLIST: CLAIRE TEDALDI AT HALLEY RESOURCES.

PHOTOGRAPHED BY Richard Majchrzak



8



9



15



14



13



10



12



11

COMES IN *plus*

# Go for that island-getaway look

**8** Wake up your commute clothes with a polished, sunshine-hued bag. Bag, $49.99; dailylook.com. **9** Such a refined take on the Hawaiian print. Jacket, Mustard Seed, $29; makemechic.com. **10** Add some nautical flair to your belt loops. Belt, $39.50; anntaylor.com. **11** Pair these shorts with a button-down and strappy sandals and enjoy your weekend. Shorts, $44.95; gap.com. Sizes 00 to 20. **12** Best way to distract from an unwashed-hair ponytail? These happy earrings. Earrings, $26; maxandchloe.com (20% off with code REDBOOK20). **13** A straw hat that doesn't feel too beachy—just insanely cute. Hat, $30; shopdavidandyoung.com (20% off with code REDBOOK20). **14** Hold on... we're busy trying to think of a pair of shoes this versatile dress *won't* go with. Dress, $29.90; uniqlo.com. **15** So simple. So fun. *Sooo* darn comfy. Sandals, $29.95; shoedazzle.com.

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## Splash out in some sorbets

**16** The cuteness per square inch of this maxidress is through the roof. Dress, $39.90; windsorstore.com. **17** A hint of glimmer makes these shorts easy to take out on girls' night. Shorts, $46.95; nyandcompany.com. **18** Touches of gold hardware give a pastel blue purse some edge. Bag, Apt. 9, $39; kohls.com. **19** Neutral sandals so cool they can be your outfit's main attraction. Heels, $29.90; forever21.com. **20** Cleopatra would approve of these fetching scarab earrings. Earrings, $45; wedreamincolour.com (20% off with code DREAM20). **21** A minty-fresh twist on the classic jean skirt. Skirt, $49.95; llbean.com. Sizes 4 to 20. **22** Reason to give your white tanks a break: Coral makes you look all glowy. Tank, $16.94; oldnavy.com. Sizes XS to 4X. **23** We love the slinky-earthy effect of this bracelet. Bracelet, French Connection, $38; macys.com.



Discounts are valid from June 18, 2015, to July 20, 2015, and do not include taxes or shipping.

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Photographed by Donja Pitsch

# fall in LOVE with your clothes



## Be a tourist in your own town

"Part of what's exciting about a new relationship is discovering places together," says blogger Joanna Goddard of A Cup of Jo. To rekindle that ol' magic, grab a bike (or your car) and try the Field Trip app, which dings when you near places related to your interests. In this silky jumper, you'll fit in at that cool art gallery *and* the bar next door.

**EARRINGS** Sequin, $58. **NECKLACES, FROM TOP** Miranda Frye, $80. Joyiia, $37. Gorjana, $88. **ROMPER** The Limited, $98. **BAG** MMS Design Studio, $59.99. **SHOES** Restricted, $49 **(20% off with code LULUS20)**.



## Remind him he's with a winner...

"It doesn't matter if you're playing tennis or Scrabble; getting competitive with your partner can boost levels of dopamine, a natural happiness drug in our body that increases with anticipation," says relationship coach Rachel DeAlto. So take your backgammon set (or Battleship board) to your local bar or coffee shop. Leg-baring shorts and a little-bit-sheer top will keep him distracted as you rack up the points.

**BRACELETS, FROM TOP** Earthy Chic, $65 and $80 **(25% off with code REDBOOK25)**. Joyiia, $35 and $35. **BIKINI TOP** Lululemon Athletica, $54. **TOP** Massimo Dutti, $89.50. **SCARF (WORN AS A BELT)** Echo, $38. **SHORTS** Oasis, $55. **SANDALS** Chinese Laundry, $49.99.



***...and remember you hit the jackpot, too!*** "It's important to switch out of work or mommy mode," says relationship therapist Kimberly Seltzer. A quick trick: "Think about the first time you met or a past fun date. This can put your state of mind in that positive place and even give you a physical rush." Also, wear something that makes you feel sexy and fun—"that will shine through in your attitude," adds Seltzer. For particularly hot nights, we suggest this flirty, shoulder-baring dress. **EARRINGS** Lane Bryant, $14.95. **DRESS** Alythea, $59.99. **HEELS** Aldo, $80.



***Learn something new*** Those 36 questions that can supposedly make even strangers fall in love had the Internet buzzing recently. Meant to speed up the get-to-know-you phase, they can also help long-term partners understand each other better, says relationship coach Anthony David Adams. Scroll through them at playthelovegame.com, then take turns asking and listening. Culottes and a cute top will keep you comfy as you chat away. **EARRINGS** Cocoa Jewelry, $38. **NECKLACE** Gorjana, $95. **TOP** Lucky Brand, $79.50. **CLUTCH** AMI Clubwear, $36.99 **(45% off with code REDBOOK45). RINGS, FROM LEFT** Wanderluster, $75 and $45. **PANTS** Banana Republic, $69.50. **SHOES** Zara, $99.90.



## Get back in the groove

Why dancing with your guy shouldn't be a weddings-only thing: It is impossible not to feel happy while twirling in an adorable swingy dress. And studies show that moving in sync with another person makes you feel more mentally connected. If he needs some convincing, share this nugget from dance teacher Aimee Cox: "Dancing with a partner requires that we access the sensual places that we lose touch with in the stress of everyday life—and that are essential for great sex."

**EARRINGS** Mad Jewels, $38 **(20% off with code RBOOK20)**. **DRESS** Maison Jules, $79.50. Sizes XXS to XXL. **BRACELETS, FROM TOP** Mimi Boutique, $24.88 and $27.50. **SANDALS** Report, $40.



## Upgrade your time outside

For your next romantic picnic, try a flirtier take on the beloved jeans-and-tank combo—like crisp white denim and a ruffled cami—and wow your guy with your mixology skills. "You want an easy cocktail that travels well, like a gin and tonic," says Nino Cirabisi, owner of the Bonnie Vee cocktail bar in New York City. "At home, add cucumber and apple slices to a thermos of chilled gin; put chilled tonic in a separate thermos. When you're ready to serve, mix one part gin to two parts tonic in a cup, and garnish with a wedge of lime."

**NECKLACE** Bluma Project for J.Crew, $65. **TOP** Old Navy, $26.94. Sizes XS to XXL. **BRACELET** Lane Bryant, $19.95. **CLUTCH** AMI Clubwear, $36.99 (45% off with code REDBOOK45). **JEANS** Levi's, $78.

**FASHION DIRECTOR:** Jennifer Hitzges
**HAIR & MAKEUP:** Amy Chin for amychinbeauty using Troi Ollivierre
**SHOT ON LOCATION** at the Hotel Kura Hulanda and the Curaçao Marriott Resort and Emerald Casino, Piscadera Bay, Curaçao.
See shopping guide, last pages, for details.



*take it easy* "Relaxing as a couple and simply enjoying each other's presence is as important as pumping up endorphins with exciting activities," according to Seltzer, who says it's a red flag when couples only engage in high-impact fun: "They may be using it as a distraction instead of reconnecting." Book a couples massage, have a beach day without the kids, or simply hit the sofa for a quick before-dinner chill session—in a knit top and full skirt, you'll be comfy enough to snuggle.
**EARRINGS** Miranda Frye, $44. **TOP** Liz Claiborne, $40. **SKIRT** Forever 21, $17.90.

# Find the shoes that fit your life

They've got to be cute and they've *got* to be comfortable. These 28 pairs will elevate everything you wear them with—we're looking at you, T-shirts and cutoffs—and they start at a mere $17.



Heels, $30; qupid.com. Skirt, $19.80; forever21.com.

Sandals, $18; makemechic.com **(20% off with code RBKJUL20).** Top, $34.95; ae.com. Jeans, $79.50; loft.com.

STUDIO D. STILLS STYLIST: ANNA TOUPITSYNA.



PHOTOGRAPHED BY Jeffrey Westbrook





Mules, $59.90; express.com. Skirt, $79.90; zara.com.

## THE SEXIEST HEEL

This skin-baring style is simple and seductive without, believe it or not, being sky-high.



Steve Madden, $79; zappos.com.



$128; anntaylor.com.



$248; colehaan.com.

## THE FUN SANDAL

With bold and contrasting color schemes, these huaraches couldn't be cuter.



$39.50; loft.com.



Toms, $129; nordstrom.com.



$89; ix-style.com **(20% off with code REDBOOK20)**.

## THE WALKABLE MULE

Swap out your wedges for mules with modern accents, like petite buckles and skinny straps.



$120; mango.com.



Spendid, $128; bloomingdales.com.



Seychelles, $99.99; modcloth.com.

## THE LADYLIKE OXFORD

Light colors and delightful details put a feminine twist on a menswear classic.



$90; latigoshoes.com.



$275; rebeccaminkoff.com.



$98; bcbgeneration.com.

## THE COOL ESPADRILLE Go a bit fancy with a pair in a chic print or one made of buttery-soft leather.



Reaction, $69; nordstrom.com.



$17.40; makemechic.com.



$59; tommy.com.

## THE *FLAT*FORM Thanks to their pillowy soles, you'll be walking on sunshine and looking taller, too.



$32.90; forever21.com.



$160; us.shop.ecco.com.



$120; gentlesouls.com.

## THE OFFICE-FRIENDLY SANDAL Polished enough for work, comfy enough for the commute. Perfection.



$79; ninewest.com.



$62; oasis-stores.com.



$325; loefflerrandall.com.

## THE GLAM GLADIATOR Want to add a little spark to a neutral outfit? Slip on one of these metallic winners.



Report Signature, $69; lordandtaylor.com.



Bamboo, $20.50; amazon.com.



$60; aldo.com.



Sandals, $169; mattbernson.com **(25% off with code REDBOOK25)**. Jumpsuit, $130; bananarepublic.com.



Discounts are valid from June 18, 2015, to July 20, 2015, and do not include taxes or shipping.




HELP UNDO CHILDHOOD HUNGER. GO TO HUNGERIS.ORG

THE SAFEWAY FOUNDATION

The *Hunger Is* campaign is a collaboration between The Safeway Foundation and the Entertainment Industry Foundation to raise awareness and improve the health of hungry children.

EIF ENTERTAINMENT INDUSTRY FOUNDATION

The Safeway Foundation and the Entertainment Industry Foundation are 501(c)(3) tax-exempt organizations. Photo by: Nigel Parry

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#VolunteerNYC @GodsLoveNYC

# 5 style classics to try immediately

Timeless fashion finds and smart advice that will keep you cute for seasons to come.



## CHANNEL JACKIE O. ON YOUR FEET

More than 50 years ago, Jacqueline Onassis walked into Jack Rogers, a Palm Beach, FL, cobbler, looking to copy a shoe she had found in Capri—and that's how the whip-stitched leather slide was born. For those of us whose "leisure time" includes a lot of running after kids, this adorable jelly version will hold up to sand and chlorine, then take you to a grown-ups-only dinner. *Sandals, $49; jackrogersusa.com.*

## Get matchy

Stores are suddenly chock-full of adorable matched skirt sets (just like Doris Day used to wear). Worn together, they're a slightly cooler twist on a dress and make getting out the door easy if you're in a rush... or just feeling lazy. You can also split up the top and bottom and pair them with all your other stuff. It's like getting a gazillion outfits from one purchase—nice! *Top, $49.90, bottom, $79.90; zara.com.*



## CARRY A THROWBACK TOTE

Take this cute bag with its vintage-postcard print on vacation and you might feel inspired to send "Wish you were here" messages by snail mail instead of text. Or just use it to perk up your daily grind: The sturdy nylon exterior and roomy pockets make this a go-to for work, too. *Bag, Rifle Paper Co for LeSportsac, $82; lesportsac.com.*




CLOCKWISE FROM TOP LEFT: UGO SARTO/AP IMAGES; RICHARD MAICHRZAK/STUDIO D. STYLIST: KRISTY VANT AT MARK EDWARD INC (3); COURTESY OF LEVI'S; BARBARA NITKE/BRAVO.

## HAVE A SIGNATURE DETAIL

In the new Bravo comedy *Odd Mom Out*, writer Jill Kargman plays a fictionalized version of herself: a laid-back misfit amidst the posh moms of Manhattan's Upper East Side. Kargman's vaguely goth, all-neutral wardrobe is one of the ways she stands out, onscreen and in real life. "I always do my own thing—it's much easier to get dressed when you don't have to think about whether or not what you're wearing will be accepted," she says. But she does have one posh-ladylike detail she mixes into her look: a feminine bow. "I have lace bows, bow shirts, bow earrings—even a bow tattoo. I've always been drawn to the naughty-and-nice, sugar-and-spice vibe, but bows fit in with *any* kind of style."



Odd Mom Out *is on Mondays at 10 p.m. ET.*



## PUT ON AN ICON

If you're like us, Levi's 501s were your first pair of certified cool jeans. Inspired by all the style bloggers getting their vintage 501s tapered, Levi's recently relaunched the style with a narrower leg, so they're more curve-flattering but just as sublimely comfy. Hey, old friend, glad you're back. *501 CT jeans, $98; levi.com.*




Kashi GOLEAN is my FUEL.

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*5g Fat per serving

red

# BODY

PHOTOGRAPHED BY Sam Kaplan



## Feel icy wherever you are

Burning up? Try thumbing through #polarplunge on Pinterest. In a study, people who watched others dip their hands in ice water saw their own body temperatures drop too. "Having empathy for someone may trigger your brain to fire neurons that mirror what he or she is feeling," says lead author Ella Cooper, a neuroscientist at Brighton and Sussex Medical School in Brighton, England. In this case, that's so chill.

PROP STYLIST: SARAH GUIDO AT HALLEY RESOURCES. SCREEN: ANGELA AUCLAIR/GETTY IMAGES.

# What physical therapists tell their friends

PTs aren't only concerned with achy muscles and creaky bones; they help cure a whole mess of things. Here, they spill the secrets they share with their closest friends. Consider this your co-pay–free consult!

BY JEANNETTE MONINGER

## You should be doing this exercise every day

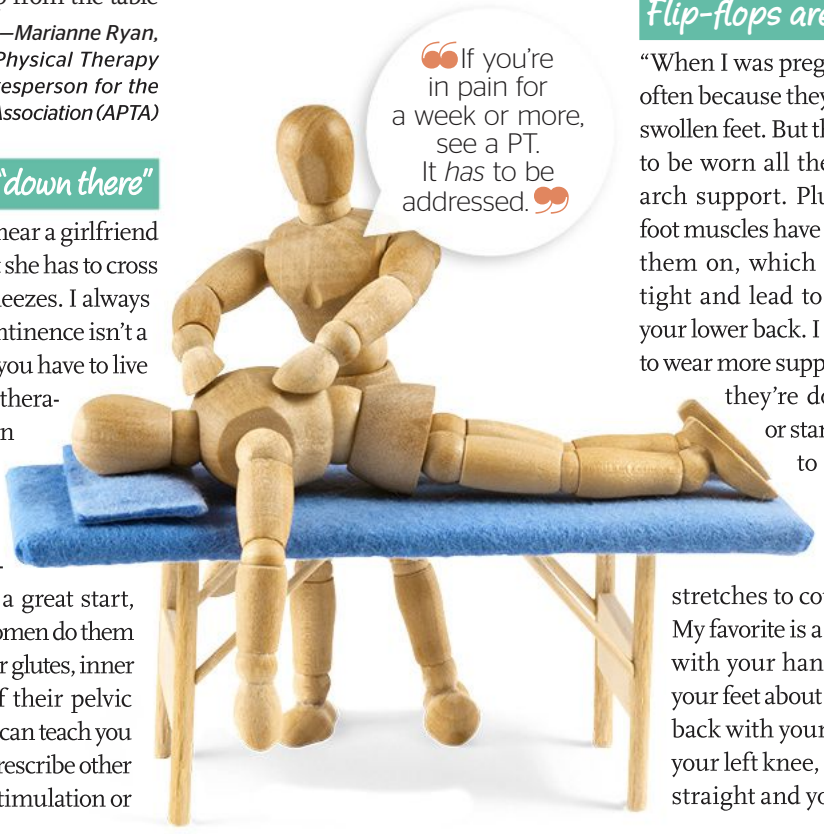
"As women age, our muscles get weaker, and often one of the first things we struggle to do is get out of a chair. Think about it: How often have you seen someone lean forward and use their arms to pull themselves up, or worse, have to ask for help? To prevent that, you have to start strengthening your hip and thigh muscles now. I tell my friends to do 10 modified chair squats a day: Stand with your back facing a chair and your feet shoulder-width apart. Squat, hinging from your hips, until your butt taps the seat, then return to standing. You'll be grateful years from now, when you're the first person up from the table after a game of bridge." *—Marianne Ryan, owner of Marianne Ryan Physical Therapy in New York City and spokesperson for the American Physical Therapy Association (APTA)*

## You can get PT for "down there"

"Every now and then I'll hear a girlfriend make light of the fact that she has to cross her legs whenever she sneezes. I always tell her that urinary incontinence isn't a joke, nor is it something you have to live with! There are physical therapists who specialize in women's health, and they can help you strengthen your pelvic floor so you don't go through life leaking. Kegel exercises are a great start, but nearly 40 percent of women do them wrong: They squeeze their glutes, inner thighs, or abs instead of their pelvic floor. A physical therapist can teach you the technique as well as prescribe other therapies like electrical stimulation or biofeedback, which assist in correctly contracting the pelvic floor muscles, helping to make them stronger so they're better able to curb the flow of urine." *—Jill Boissonnault, Ph.D., associate professor of physical therapy at the University of Wisconsin in Madison and spokesperson for the APTA*

## That pain won't get better on its own

"You can hurt yourself doing anything—even getting out of bed awkwardly—and too often women think their pain will magically go away. Sometimes it does! But usually that's because you've started to compensate for the pain by not allowing your body to move in a way that would hurt. For instance, if you injure your knee, you might put more weight on the opposite leg when you walk. That can help you feel better right now, but it can also lead to knee or hip pain in the *other* leg. It's a vicious cycle, and even physical therapists aren't immune: I've had to call out my coworkers for moving differently after torquing their backs or shoulders on the job. So if you find yourself in pain for a week or more, see a physical therapist (or your doctor, if you need a referral) and address the problem quickly, before it can become more serious." *—Candy Tefertiller, director of physical therapy at Craig Hospital in Denver*




GETTY IMAGES.

## Flip-flops are not your friend

"When I was pregnant, I wore flip-flops often because they're so easy to slip onto swollen feet. But they're really not meant to be worn all the time: They offer no arch support. Plus, your leg, toe, and foot muscles have to work harder to keep them on, which could make tendons tight and lead to pain that will affect your lower back. I encourage my friends to wear more supportive shoes whenever they're doing a lot of walking or standing—you don't want to put on flip-flops for an all-day trip to the amusement park—and to do foot and leg stretches to counter any tightening. My favorite is a runner's lunge: Stand with your hands against a wall and your feet about 12 inches from it. Step back with your right foot, then bend your left knee, keeping your back leg straight and your heel firmly on the



PHOTOGRAPHED BY Kerstin Waurick

ground. Hold for 20 seconds, and repeat on the other side." *—Suzanne Badillo, clinical program director of the Women's Rehabilitation Program at the Rehabilitation Institute of Chicago*

## Encourage your kids to try lots of sports

"In the past, I didn't see kids for sports-related injuries until they were in high school. Now I'm treating children who haven't even hit their teens. There's been a cultural shift: Kids are being pushed by parents and coaches to specialize in one sport starting at a young age. The problem is, this often leads to stress injuries, as well as muscle imbalances. For instance, my friend's 11-year-old son is really good at soccer, but I had to tell her if he *only* did that, he could end up with really strong legs and a weak core. It's asking for trouble! I suggested he try other sports, but free play is equally important. Swinging from the monkey bars and climbing a jungle gym are great ways to develop motor skills and build strength all over." *—Julie O'Connell, director of Performing Arts Rehabilitation at Athletico Physical Therapy in Chicago*

## Take it easy during your period

"A friend came to see me for pelvic and hip pain that had developed after she'd done a lot of lower body exercises like step-outs. During our conversation, she mentioned she was on her period. That's a red flag: There are a number of things that happen during menstruation that can cause ligaments and joints to loosen; your hormones are fluctuating, and often you're carrying excess fluid, too. Some women may feel the effects more than others. So I told my friend to lay off the high-impact workouts during the heaviest days of her cycle and instead focus on low-impact exercise, like biking or swimming." *—Richard Sedillo, a physical therapist at Arizona Manual Therapy Centers in Scottsdale*

## Sometimes it really is mind over matter

"I had a friend who was experiencing neck pain and who was also under a lot of stress

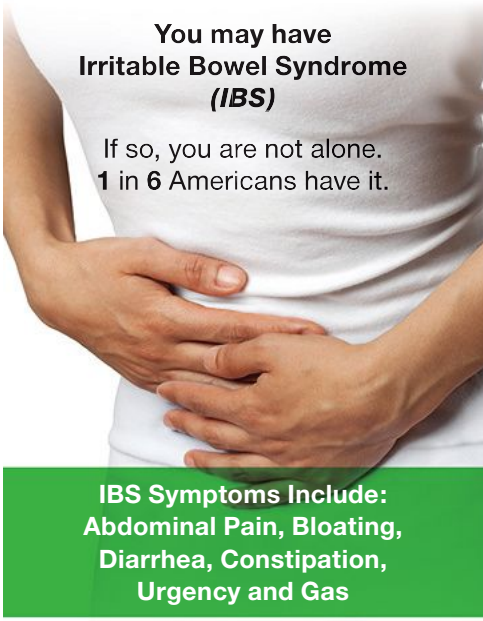
> There's such a strong connection between stress and pain. You have to treat *both*.

at her new job. I knew that working out was a huge tension reliever for her, so when she told me she had stopped for fear of making the pain worse, I was concerned. There's such a strong connection between stress and pain: Being in pain can make you even more anxious, and stress causes your muscles to tense up, leading to—guess what?—more pain. I reassured her that she wouldn't feel this way forever, but for the treatments to work, she needed to find an outlet for her angst, whether it was a class at the gym, yoga, or simply going for walks with a friend. She listened, and her condition really improved. Had she allowed the pain to disrupt her life, it would have been an uphill battle." *—Mia Palazzo, program manager for physical therapy, occupational therapy, and the Sports Performance Center at the Center for Musculoskeletal Care at NYU Langone Medical Center*

## Not moving can lead to pain, too

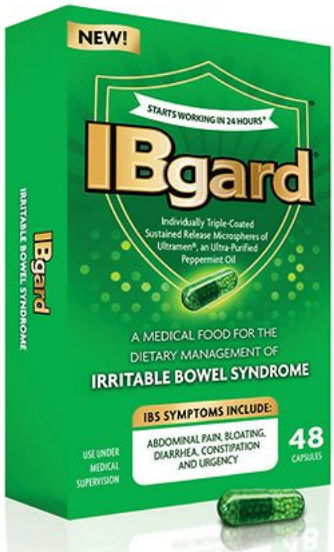
"I've known people who were doing something as simple as hurrying up a flight of stairs when they suddenly felt a pulling sensation in their groin. And they told me, 'It just started. I don't know why!' Believe it or not, this often stems from spending too much time seated. We all know that sitting for hours at a time can contribute to back and neck pain, but it also shortens your hip flexors (the group of muscles that helps you lift your knees and move your legs), causing them to tighten. When you do get up, you may cause a strain. I tell my friends with office jobs to change their position at least once every 30 minutes—set a reminder on your phone. You can stand while on the phone, walk to a coworker's desk instead of emailing, or do some light stretches or exercises like calf raises." *—Robert Gillanders, a physical therapist at Sports and Spinal Physical Therapy in Washington, DC, and spokesperson for the APTA*


ANGRY GUT?




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BUSY WOMAN'S FITNESS

# Rock your swimsuit

No matter where you are in your get-fit goals, this quick circuit will tone all the things even your favorite suit can't hide. Pool party, here you come.

Start with this move from trainer Tara Romeo, assistant director of the Professional Athletic Performance Center in Garden City, NY. It works the muscles that help minimize "bra bulge," which can make you feel like you're spilling out of a suit.

**STEP 1**
Stand with an inflatable ball (or a Pilates ring, if you have one) between your left arm and hip. Bring your shoulders back and down, and pull your belly button toward your spine.

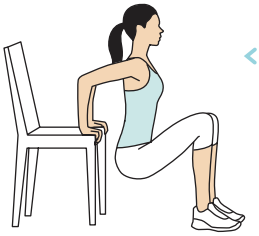
**STEP 2**
Concentrate on the muscle under your bra band on the left side and pulse your arm toward your body, keeping your arm and wrist straight. Do three sets of 10, then repeat on the other side.



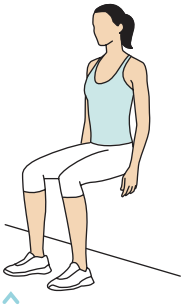



## WORK YOUR ENTIRE BODY

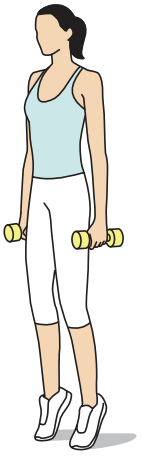
These exercises from Jamie Eason Middleton of Gold's Gym strengthen your arms, thighs, and calves.



**Chair dip** Sit on the edge of a chair with your hands at your sides, knuckles forward. Slide out of the seat and hold yourself up with your arms straight and your knees at a 90-degree angle. Slowly lower your body until your upper arms are parallel with the floor; push up for one rep. Work up to three sets of 10.



**Wall sit** Stand with your back against a wall and your feet shoulder-width apart. Slowly lower your butt, walking your feet forward until your knees are at a 90-degree angle and your thighs are parallel with the floor. Hold for 20 to 60 seconds (go longer as you get stronger); rest for 30 seconds, and repeat three times.

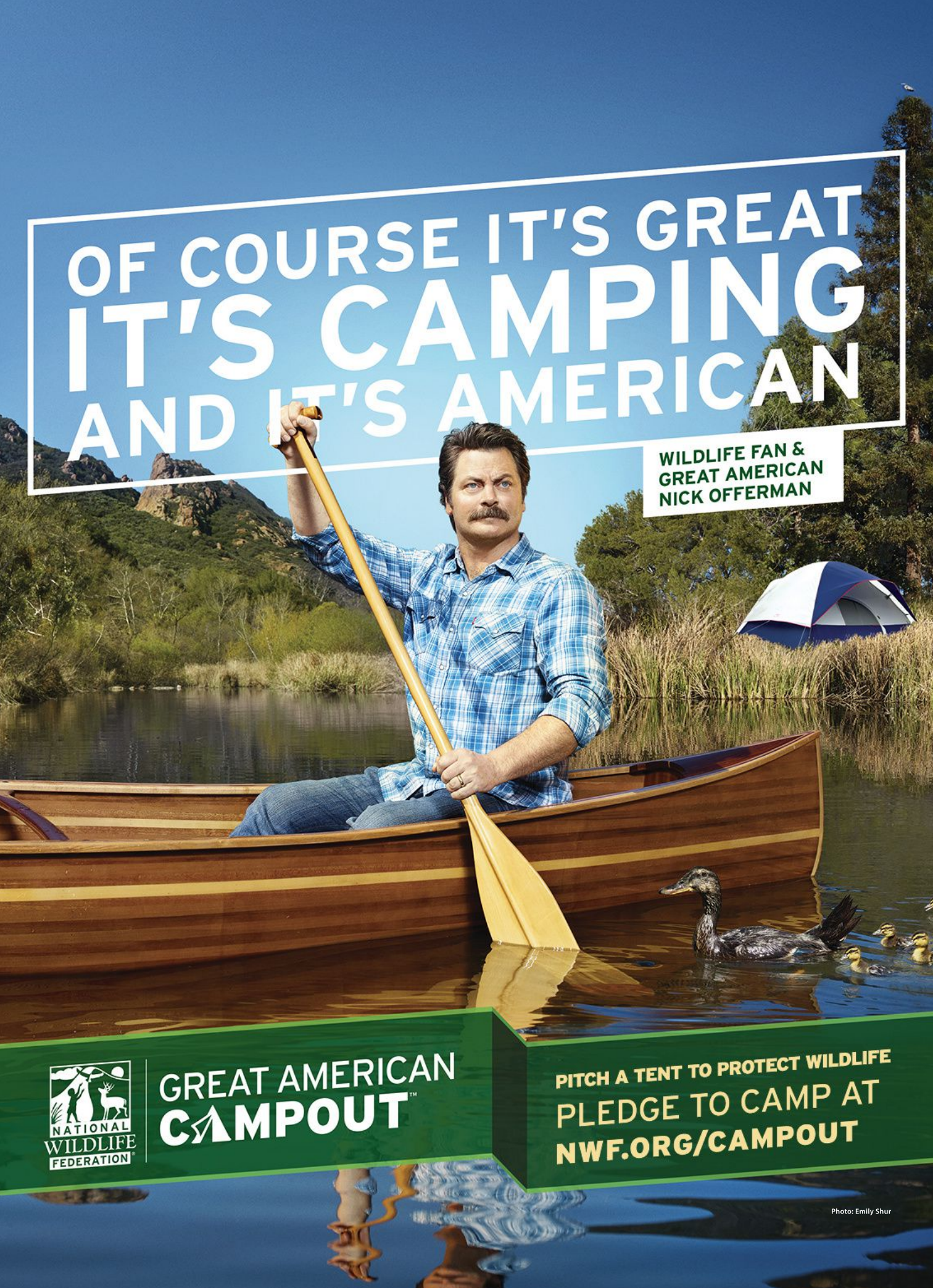


**Calf raise** Stand with your feet shoulder-width apart, arms straight down at your sides. (If you want, hold a set of dumbbells for added resistance.) Slowly push up onto the balls of your feet, keeping your knees straight and your abs and glutes tight; hold for a couple of seconds, then release. Do three sets of 10.

HAIR: JUANITA LYON FOR ORIBE AT ART-DEPT.COM. MAKEUP: ALEXIS SWAIN FOR CHANEL AT CELESTINEAGENCY.COM. STYLIST: LAURA ZANOTTI. PROP STYLIST: SCOTT HORNE AT BIG LEO PRODUCTIONS. ILLUSTRATIONS: JASON LEE.



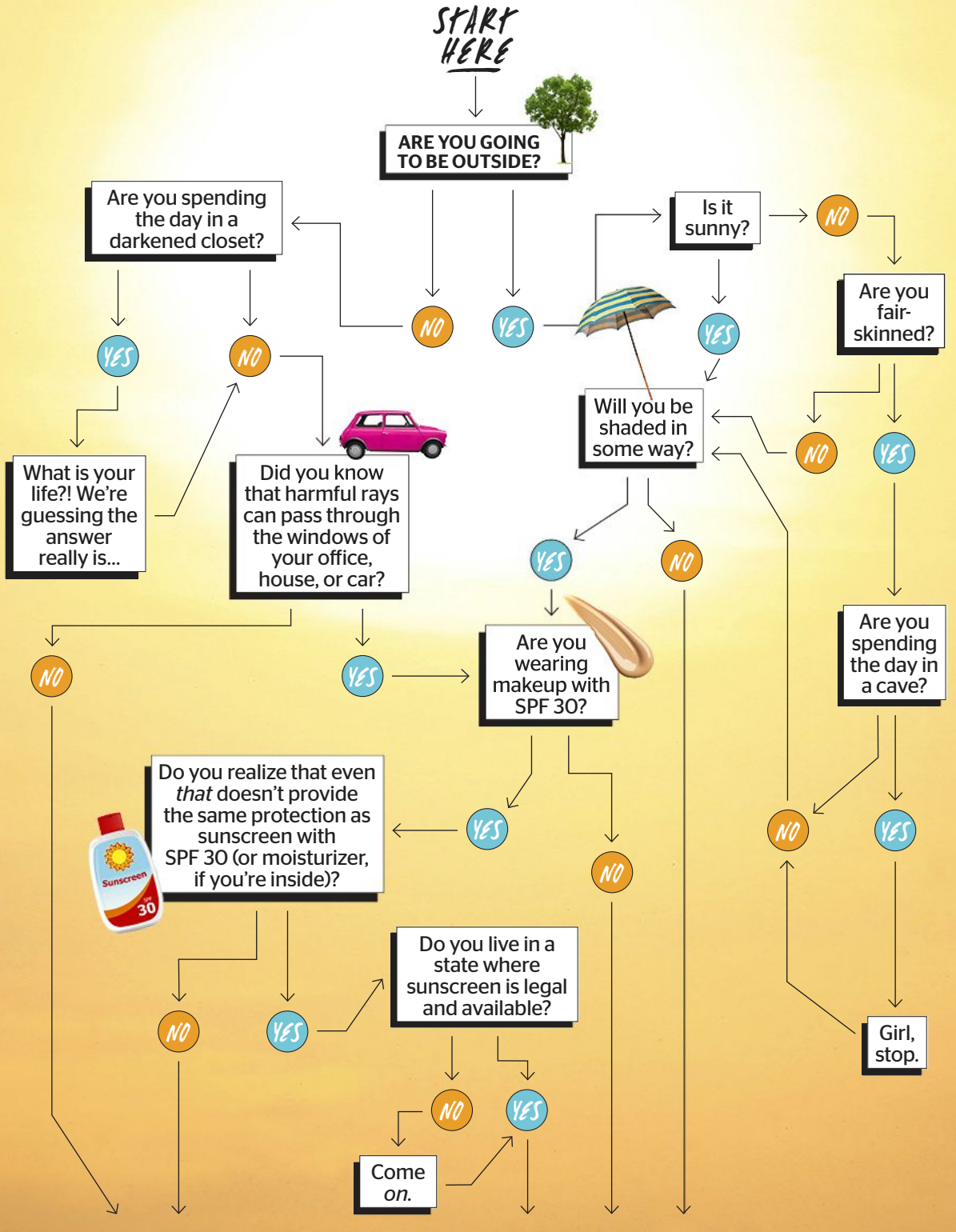
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# Should you wear sunscreen?

A definitive guide (no matter what the lazy voice in your head is saying).

BY DEBORAH SKOLNIK




## You should wear sunscreen.

SUN: ANDREW PENNER. ALL OTHERS: GETTY IMAGES.



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# Chips and dips to smile about

Add these to your next summer party or lazy afternoon on the deck—you can scoop without stress, thanks to Hungry Girl Lisa Lillien's low-cal recipes and healthy choices.

A summer without chips and dip? Not gonna happen. Yes, most chips are fatty and fried, and most dips are nutritional disasters... but they don't have to be. My secret weapon is fat-free plain Greek yogurt. It's thick, creamy, full of protein, and low in calories—the perfect base for a no-guilt dip. An entire cup has just 130 calories, plus 23 grams of protein!



### CREAMY GUAC DIP

Avocado is delicious and great for you, and you don't need to eat a ton of it to reap those health benefits.

Mix 1 cup fat-free Greek yogurt, 1 cup mashed avocado (about 1 medium-large one), and 1 tsp lime juice. Season with ½ tsp each salt, garlic powder, and chili powder. The result is rich with a nice little kick.

*Makes 8 servings. Per serving: 63 cal, 4 g fat (0.5 g sat fat), 3.5 g protein, 4 g carb, 2 g fiber.*

### ULTIMATE VEGGIE DIP

This will make a veggie lover out of anybody. You'll see!

Thoroughly mix 1 cup fat-free Greek yogurt, ¼ cup light mayo, and ½ packet of dry veggie soup mix. Stir in a 10-oz package of frozen chopped spinach (thawed and squeezed dry), ½ cup chopped roasted red peppers (packed in water, patted dry before using), and 1 Tbsp dried minced onions. Refrigerate for at least 2 hours, then get dunking.

*Makes 8 servings. Per serving: 63 cal, 2 g fat (<0.5 g sat fat), 4 g protein, 5.5 g carb, 0.5 g fiber.*

### BETTER-THAN-EVER RANCH DIP

You know how your mom combined ranch dressing mix with sour cream to make a dip? This version is as easy, but with less fat and more protein.

Mix 1½ Tbsp dry ranch dressing/dip seasoning mix into 1 cup fat-free Greek yogurt. Stir in 3 Tbsp chopped chives and 2 pieces of cooked, crumbled center-cut bacon, and never look back.

*Makes 4 servings. Per serving: 57 cal, 1 g fat (0.5 g sat fat), 7.5 g protein, 4 g carb, 0 g fiber.*

## AND THE CHIPS...




**Simply 7 Snacks Quinoa Chips**
A great shape for scooping, plus nutty flavor and nutritious quinoa: three of my favorite things! I love the Sea Salt with any dip.
*1 oz (about 20 chips): 140 cal, 6 g fat, 9 g protein, 12 g carb, <1 g fiber.*




**Food Should Taste Good Tortilla Chips**
I appreciate the sturdy texture; nobody wants to fish a broken chip out of the dip. Try The Works—it's so flavorful.
*1 oz (about 9 chips): 140 cal, 6 g fat, 2 g protein, 18 g carb, 2 g fiber.*




**Kettle Brand Real Sliced Potatoes**
Perfect potato-chip taste and texture. They're baked but not boring, especially the Cheddar + Roasted Tomato.
*1 oz (about 20 chips): 120 cal, 3.5 g fat, 2 g protein, 20 g carb, 2 g fiber.*

**SIGN UP** for Hungry Girl's free email newsletters at hungry-girl.com to get new recipes, tips, and tricks every day.

FOOD STYLIST: EUGENE JHO AT PLUM REPS. PROP STYLIST: STEPHANIE HANES. CHIP BAGS: DEVON JARVIS/STUDIO D. LILLIEN. JAY LAWRENCE GOLDMAN.



PHOTOGRAPHED BY Paul Sirisalee




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JULY'S SUPERFOOD

# Cherries

If *only* life were a bowl of these juicy gems. Cherries are a top source of anthocyanins, antioxidants that may curb workout-related soreness and even reduce your risk for cancer and heart disease, says Washington, DC–based chef and registered dietitian Jessica Swift. In fact, their only drawback is that their season ends in late August, but that just means you've got to get your fill now. Save sour cherries for your favorite pie and indulge in fresh sweet varieties like Bing, black, or yellow Rainier. They put the you-know-what on top of these tasty recipes:

**IN A GUILT-FREE SPRITZER** Add 2 cups pitted, sliced sweet cherries, 1 sliced orange, 1 sliced lime, and 3 cups tart red cherry juice to a large pitcher and stir well. Refrigerate for at least 8 hours, and top with 1 liter of sparkling water before serving. A low-cal refresher that sure beats a sugary cocktail.

**IN A SUMMERY SIDE** Sandwiches for lunch? Swap the greasy chips for this sweet-savory salad: Roast pitted cherries tossed with balsamic vinegar at 400°F for 18 to 20 minutes, until softened and juicy. Toss with chopped romaine lettuce, chopped toasted hazelnuts, and olive oil, plus salt, pepper, and an extra drizzle of balsamic to taste.

**IN A NO-SUGAR-ADDED SORBET** Freeze 2½ cups pitted sweet cherries, then process in a blender with 8 chopped pitted dates and 2 Tbsp almond butter until smooth. Top with toasted coconut flakes for a frozen treat that only *tastes* sinful. *—Marygrace Taylor*

## EAT THESE FOR PRETTIER HAIR

We're halfway through pool and beach season and, yup, your hair is fried. The secret to getting it back to its cooler-weather glory days is in your kitchen.



**Eggs** They're a great way to get biotin, a B vitamin that helps strengthen brittle strands, says registered dietitian Kate Geagan, author of *Go Green, Get Lean*. For a fresh, spicy twist, try scrambling them with sriracha and chopped fresh cilantro.



**Red bell pepper** These peppers have a ton of vitamin C, which may protect your tresses from the damaging free radicals in UV rays, says dermatologist Gary Goldenberg, M.D., of Mount Sinai Medical Center in New York City. Dunk slices in olive tapenade for an afternoon snack.



**Barramundi** Like salmon, barramundi is rich in omega-3 fatty acids, including DHA and EPA, which work to keep your hair hydrated and shiny. But, bonus: "It only has about half the calories of salmon," Geagan says. Anyone else craving fish tacos right now? *—M.T.*

GETTY IMAGES. ILLUSTRATIONS: ZOE MORE O'FERRALL/ILLUSTRATIONWEB.COM.

# REAL
# LEAF-BREWED
# TEA

## WITHOUT THE FINE PRINT




## FOR THE LOVE OF LEAVES

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# Train your brain to be calmer and happier

The scientifically proven way to chill out is meditation. Here's how to get started, no matter how busy you are. Are you ready for some serious inner peace?

BY ANNA MALTBY



**STOP!** You are tempted to turn this page because you saw *meditation* and thought, *That's for other people.* People who have time, who try vegan recipes and use words like *holistic*. You, meanwhile, have a giant to-do list looming, and if you had room in your life for serenity, you'd take a nap.

But meditation is for people exactly like you. It's fast, for one thing: Research shows that even a few minutes of meditation done regularly may improve your mood, your health, and even your longevity. It slows your heart rate and breathing, and recent studies suggest that meditation can help alleviate pain, anxiety and depression, high blood pressure, and irritable bowel syndrome.

Researchers aren't sure yet *why* meditation does all that, but it may be because it helps you avoid obsessing over any aches and pains and inadvertently making them worse, says Madhav Goyal, M.D., an assistant professor of medicine at Johns Hopkins University and the lead author of a meta-analysis of studies on meditation. That may also be why meditation can get you feeling more peaceful. "It helps you retrain your nervous system to not freak out at every stressor," says Timothy McCall, M.D., who has spent years studying the medical benefits of yoga and meditation (he's the author of *Yoga as Medicine: The Yogic Prescription for Health and Healing*). He says that meditating regularly can help your brain recognize how you're feeling—irked or uneasy, relieved or relaxed—and then take a moment, even a millisecond, before it responds. That might translate into fewer snippy comments about the slow barista or more patience for a whining child. "People who meditate can actually become easier to get along with," McCall says.

It follows that meditation can help make you a better coworker, wife, and mom, says Sharon Salzberg, author of *Real Happiness at Work: Meditations for Accomplishment, Achievement, and Peace* and founder of the Insight Meditation Society in Barre, MA. "Women worry that it's selfish to take time to meditate that you could be spending caring for others, but it's fundamentally *not* selfish—we need to refuel and find balance so we can be more present for the people we love," Salzberg says. Plus, she points out, "you may think you have to take hours out of your day and leave it all behind, but that's really not the case."

So if we're not talking about dropping everything and going on a silent retreat to India (#yeahright), what *are* we talking about? Meditation is any technique that allows you to focus attention on one thing, like your breath, a sound, or an image. Try this: After you finish reading this sentence, put the magazine down, close your eyes, and take three deep breaths, feeling your lungs expand and contract.

Done? Congratulations, you just meditated. Now you can turn the page—to learn how to get more bliss.



ILLUSTRATIONS BY Shout


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CRUNCH ON



# Find your style

There are as many forms of meditation as there are shoes in your closet, as the Zen saying goes (actually, we made that up). Try these on for size.

## Mindfulness

**WHAT IT IS:** Practicing awareness of your body, thoughts, and surroundings. It can be as simple as focusing on your breath or doing a "body scan": Sit comfortably with your eyes closed and notice how each part of your body feels, starting from the top.
**HOW LONG IT TAKES:** It varies—you can practice mindfulness for less than a minute or take longer breaks throughout the day so it becomes routine.
**BEST FOR:** Scatterbrains, since it trains you to focus, stay present, and *not* go crazy thinking about meetings, emails, summer camps, and shopping lists.
**LEARN MORE:** mindful.org

## Transcendental meditation (TM)

**WHAT IT IS:** Resting your attention on a teacher-assigned mantra. You don't say it out loud or continuously repeat it in your mind, but you do gently focus your mental energy on it. The official TM practice involves paying a fee for a few sessions of training with a guru—after all, "gently focusing your mental energy" is a little hard to parse on your own—along with a secret mantra created for you. You *could* Google instructions, but that's not advised.
**HOW LONG IT TAKES:** 20 minutes, twice a day.
**BEST FOR:** Those who need structure, personal instruction, and a financial commitment to help them stay the course.
**LEARN MORE:** tm.org

## Zen/zazen

**WHAT IT IS:** Literally, "sitting meditation." This is the classic practice you probably picture when you think of meditation. More free-form than the others, Zen is about sitting—usually cross-legged with your hands in your lap—creating space, letting go of judgment, and just being.
**HOW LONG IT TAKES:** It might take a while for your mind to reach stillness after you sit down, but as with mindfulness, any amount is better than none. It's fine if you achieve stillness some days and not others.
**BEST FOR:** Free spirits, since there are few set rules for it. You're in charge.
**LEARN MORE:** upaya.org

## Loving kindness/ metta bhavana

**WHAT IT IS:** Breathing deeply and sending loving thoughts out to the people in your life and the world. You'll mentally recite mantras such as, "May we be happy. May we be safe. May we be peaceful."
**HOW LONG IT TAKES:** It varies, but it doesn't have to be long—one study found that even seven minutes of this practice can help you feel closer to and more positive about those around you.
**BEST FOR:** People with a short fuse, since it can help you feel more empathetic even when you're really frustrated, instead of wanting to throttle someone.
**LEARN MORE:** mettainstitute.org

## YOUR MEDITATION EXCUSE BUSTER

**"I don't have time."**
We already told you that devoting 20 minutes a day isn't necessary, and we meant it. "Taking one deep breath can make a difference, and anyone can do that," McCall says. Try meditating when you first wake up, or setting a reminder on your phone for a time when things are usually quiet, he says. It's easier to get into a habit—any habit—if you do it at the same time daily.

**"I can't turn my brain off."**
You don't have to! "The goal is to develop a new relationship with our thoughts, neither fighting and hating them nor diving into them and getting overwhelmed," Salzberg says. When unrelated thoughts pop up during meditation, observe them from a distance and let them go. That way you can do that during your non-meditating time too. Like when you really need to work and all you can think about is that ridiculous fight you and your guy had this morning.

**"I tried it once and nothing happened."**
Unlike with a workout that leaves you out of breath, it can be hard to tell if meditation is "working." But trust that it is: "You might only get 30 seconds out of a 10-minute practice where you're totally immersed in the process of following your breath, but it's okay," McCall says. "You're still becoming more mindful and getting the physiological benefits of slowing the heart rate and blood pressure."

**"It's boring."**
Embrace it. "Culturally, we'll do anything to avoid feelings of boredom," Salzberg says, but being able to deal with them can help you handle other unpleasant emotions down the road. If sitting quietly still isn't your speed, consider practicing yoga. "It teaches you to relax your breathing while holding poses that can be physically stressful," McCall says. In other words, it's a form of meditation. Plus, adding movement keeps your mind engaged.


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# Meditate *anywhere*

For the multitaskers among us, try these mindfulness meditations from Sharon Salzberg.



## Eating a snack

Turn off the computer or anything that might distract you. Let's say you're going to eat some raisins. Take one, look at the color, the shape, the folds. Feel the texture: softness, hardness, squishiness. Can you smell it? Begin slowly chewing the raisin; notice the flavor. Even if you'd like to scoop up a few more, chew this one fully and swallow it before reaching for the next. Think of it as an opportunity to really savor your snack. People who eat slowly may feel more satisfied with their food and, as a result, take in fewer calories, a study in the *Journal of the Academy of Nutrition and Dietetics* suggests.

## Commuting on a bus or train

Sit or stand as comfortably as you can, keeping your eyelids lazy, so your eyes are relaxed. Notice your environment by tuning in to any sounds around you, then focus on the temperature—whether you feel hot, cold, or neutral. Quickly sweep your attention throughout your body from head to toe, noticing any sensations of tension or tightness and breathing gently into those areas. Next, place your attention on the area where you feel your breath most distinctly: the nostrils, chest, or abdomen. Periodically go back to listening, then sweeping through your body, then following your breath.

## Taking a shower

Feel the temperature of the handle as you turn on the shower. Listen to the sound of the water. Feel the sensation of the water on your body. Is it too hot, too cool? Maybe you see goose bumps on your arms or legs. Take in all the smells: the soap, the shampoo, the water itself. If your mind starts to wander to the grout that needs replacing, rein it in and go back to focusing on the experience of taking a shower.

## THE GURU IN YOUR POCKET

The best part of meditating in the 20-teens: apps! Guided meditations make it easier to learn the practice and stick with it. A few of our favorites:

**BUDDHIFY 2** Tap on what you're doing—eating, traveling, walking in the park, dealing with difficult emotions—and this app gives you a 5- to 30-minute guided meditation to follow. When you're done, you can log how mindful and balanced you feel. ($4.99, App Store; $2.99, Google Play)

**HEADSPACE** Sit back as former Tibetan Buddhist monk Andy Puddicombe (whose British accent we think sounds like a soothing Ricky Gervais) guides you through set practices that progress in challenge level. You'll start with 10-minute sessions and work your way up to more extensive meditations: Tracks go as long as 60 minutes, if you're up for it. Take10, which is the first level and consists of ten 10-minute meditations, is free. ($12.95 per month or $95.88 per year; App Store and Google Play)

**SMILING MIND** If your kids want in on the action, this app provides guided meditations for 7- to 11-year-olds, 12- to 15-year-olds, and 16- to 22-year-olds, and you can practice along with them. On your own? There's an adult mode, too. (Free; App Store and Google Play)




It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

- **Dryness/itching**
- **Burning/stinging**
- **Feeling like something is in your eye**
- **Sensitivity to light**
- **Blurry vision**
- **Problems wearing contact lenses**
- **Watering eyes**

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

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## TAKE ACTION NOW

- **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

My DRY EYES

# 5 supremely easy ways to stay healthy

All you need are a few of your (and our) favorite things: coffee, movies, puppies. Living well is officially fun.

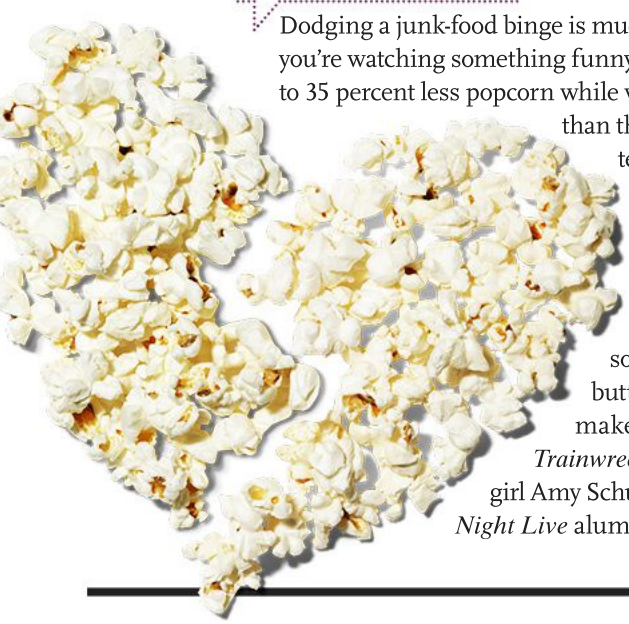
**3** The number of times you need to exercise each week to reap major benefits. In a British study, women who got their heart rate up that often were about 20 percent less likely to suffer from cardiovascular disease, stroke, or blood clots. And get this: Working out more frequently offered no additional benefits. Best news ever or best news ever?



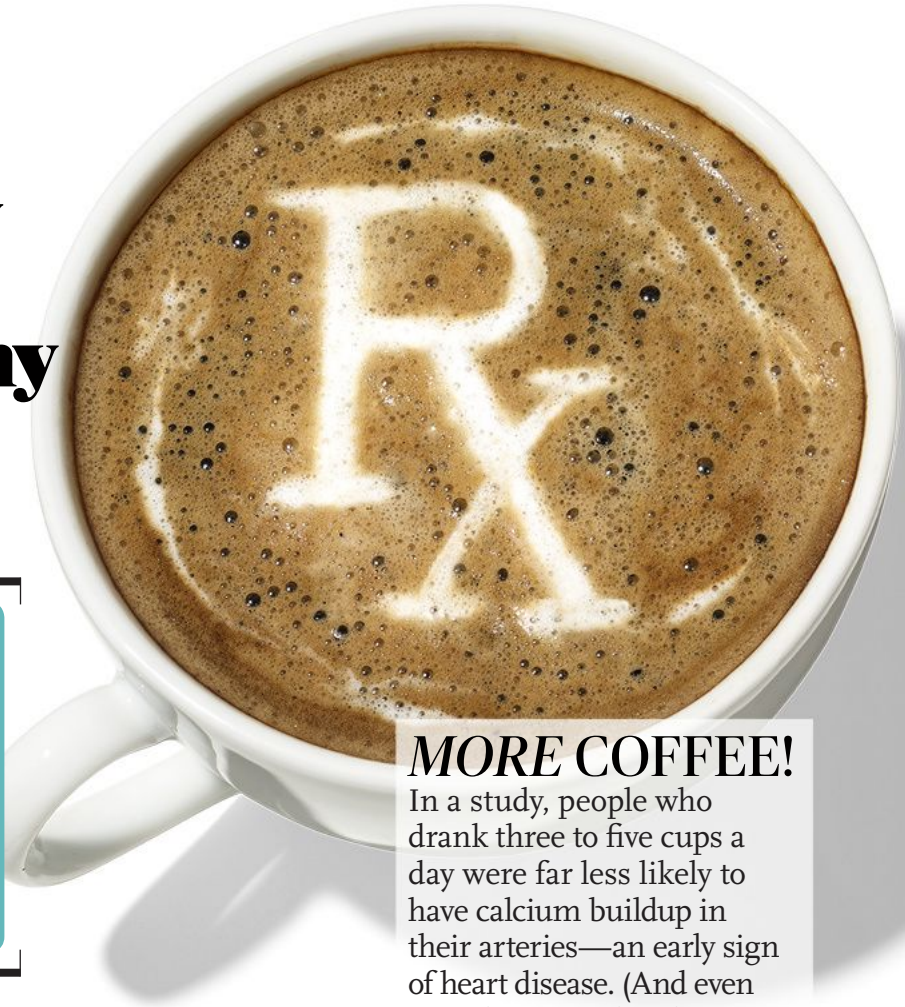
## Look at **that face**

Gazing into your dog's eyes floods your brain with oxytocin, according to a study in the aptly named journal *Science*. The love hormone, as it's called, strengthens your bond and may even make you happier. Which would explain the sudden need to squeal, "LOOK AT YOUUUUU!"

## HAVE A LAUGH



Dodging a junk-food binge is much easier to do when you're watching something funny. Moviegoers eat up to 35 percent less popcorn while viewing a comedy than they do when seeing a tearjerker, according to researchers at Cornell University. (It makes sense—who *hasn't* wanted to drown their sorrows in a tub of butter?) This month, make a beeline for *Trainwreck*, starring funny girl Amy Schumer and *Saturday Night Live* alum Bill Hader.



## *MORE* COFFEE!

In a study, people who drank three to five cups a day were far less likely to have calcium buildup in their arteries—an early sign of heart disease. (And even a single cup made a difference.) "There are a number of antioxidants in coffee beans that might be beneficial to your heart," says study author Eliseo Guallar, M.D., an epidemiologist at Johns Hopkins University. And hey, you may have heard that coffee can keep you alert, too.

## *Boost your fertility*

Women with sufficient levels of vitamin D are nearly twice as likely to conceive as those with a D deficiency, a recent study suggests. In related great news, research shows that SPF may not keep you from getting the sunshine vitamin. Still, you should check your levels with your doc. "Vitamin D supplements are inexpensive, safe, and effective," says researcher Alessio Paffoni, an infertility specialist in Milan, Italy.

FROM TOP: JAMES WOJCIK/TRUNK ARCHIVE; GETTY IMAGES; NICOLE HILL/GETTY IMAGES.




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**PHOTOGRAPHED BY** Adam Voorhes




# Make your vacation last longer

And spend zero extra dollars, to boot. New research from Pennsylvania State University found that in order to hang on to a blissful moment, it helps to actively tell your brain you want to remember it. "Think about the fact that this is an important event—that'll help you keep the experience with you," says study coauthor Brad Wyble, Ph.D. The other trick is to think about that happy time often, *as if that's so hard.*

PROP STYLIST: ROBIN FINLAY.



# 20 fun—and free!—things to do this summer

Consider this your guaranteed guide to getting the most out of the happiest months of the year. Oh, and put away your wallet—you won't need it here. BY KATE SULLIVAN

**1/ Celebrate the National Park Service's 99th birthday** Just not with a birthday cake with 99 candles—that could cause a forest fire. Instead, enjoy a ton of special events that are happening across the country as the NPS counts down to its centennial celebration next year. Make a day of a ranger-guided bird walk, cave tour, or canoe trip, or stop by for a free evening campfire. Visit findyourpark.com to get the deets on what's being scheduled close to you.

**2/ Start a neighborhood book share** Consider adding to the 26,000-plus Little Free Library book exchanges all over the world: They usually consist of a shelf or two set up in a park or on a local street so folks can take a book and leave another. Build one out of an old cabinet, mailbox, or suitcase (there are even ones made out of nonworking microwaves!). Then, register it at littlefreelibrary.org to be included on a worldwide map.

**3/ Wear out the kids** Pry them away from the boob tube and get them rolling—literally. The Kids Skate Free and Kids Bowl Free programs give children passes to roller rinks and bowling alleys across the country. (Visit kidsskatefree.com and kidsbowlfree.com for details.)

**4/ Take a scenic bike ride** Spin class may burn calories, but the sight of your classmate's sweaty butt is hardly awe-inspiring. Find much better views on traillink.com, an easy-to-navigate resource for hundreds of great bike routes, plus trails for hiking, birding, and more.

**5/ Get the best picture on sunny days** The sun is shining, your pals are smiling, and your pictures look... terrible! To get great shots on bright days, try this trick from pro photographer Amy Postle: Turn on your flash. "Sounds strange, but the flash will fill in the harsh shadows and even out the lighting on faces," she says.

**6/ Watch summer's juiciest TV show** If you aren't already hooked on *UnReal*, what have you been doing with yourself? The new Lifetime scripted drama follows the shameless behind-the-scenes manipulation at a *Bachelor*-like TV show—and it was created by a former *Bachelor* staffer. Oh no she *didn't!*

**7/ Look up—way up** There's a stunning post-dinner show right in your neighborhood every night. And it's absolutely full of stars. At skymaps.com, you can download a monthly skyscape that shows what you can see with the naked eye, binoculars, and a telescope. Plus, it lists times for events like meteor showers and a visible Venus.



ILLUSTRATIONS BY Ciara Phelan

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**8/ Press flowers in minutes** Sticking them in a book for a week is so 20th century. Lindsay Weirich, a.k.a. the Frugal Crafter, has a fun and fast method: Zap them in the microwave. Arrange petals inside a folded sheet of paper, place paper towels above and below it, then top it off with a heavy plate. On medium power, nuke for 30 seconds, check it, and add another 30 seconds, up to two minutes. Pop your little piece of summer in a frame or get your kids some glue to make cards for Grandma.

**9/ Celebrate National Hot Dog Day** Get one for $1 at participating 7-Elevens on July 23, or use the day as an excuse to wiener up at home. And, on July 25: A festival in Frankfort, IN, offers a 5K run before you stuff yourself, and the West Virginia Hot Dog Festival has a wiener dog race, because of course.

**10/ Dip into an amazing book** Proof that family drama and forbidden love aren't just the stuff of trashy beach reads: Each of the stories in Mia Alvar's debut collection, *In the Country*, is beautiful and totally compelling. (Why is a local doctor so kind to an outcast woman and her son? It's not the reason you think.) Five readers will win a copy; see page 134 for details.

**11/ Have a reel-y relaxing time** "Fishing is a great way to decompress—our schedules are jammed with work and school, but this is one time you shouldn't rush," says Debbie Hanson, a blogger for takemefishing.org, part of the Recreational Boating & Fishing Foundation. Sounds to us like yoga that can end with a meal! Start by fishing from land (better for bathroom breaks, Hanson notes): "In freshwater, the bass or bluegill will be hanging out in the weed lines. In fresh or saltwater, large-game fish tend to congregate close to bridges or submerged logs because that's where the prey is. Just cast your line parallel to the shore," she says. Find more tips, plus places to fish, at takemefishing.org.

**12/ Hit the fairs** Maybe you've been to your own county fair, but how about taking it a little farther afield this year? Discover a whole new world of tractor pulls and pie-eating contests via state-specific sites like nysfair.org (listing 49 fairs in New York) and cafairs.com (78 in California!), or check out countyfairgrounds.net for nationwide info on fairs, car shows, cook-offs, and hot air balloon festivals. If you're fine with skipping the food on a stick, artfaircalendar.com tracks arts and crafts shows across the country.

**13/ Build a better sand castle** Here's how award-winning Florida sand sculptors Bill and Marianne Knight (a.k.a. the Sand Lovers) say to make a sturdy structure: Cut the bottom off a bucket, turn it over, and pack wet sand in super-tight. Pull off the pail and get building. And don't worry—once your kids see the enormous castle that can be constructed this way, they'll stop whining that you broke their bucket. To watch the pros knock your flip-flops off with their creations, check out sandsculptingevents.com for a calendar of competitive events.

**14/ Become a "citizen scientist"** All you've got to do is sit on your lawn and count fireflies (cocktail optional). The Museum of Science in Boston and Tufts University use the data from people all over the country to track where fireflies live and how they may be affected by light pollution and other environmental changes. Just skip the jars, please: The point of this project is to keep those buggers alive. Learn more at legacy.mos.org/fireflywatch/getting_involved.

**15/ Discover a local swimming hole** For 19 years, swimmingholes.org has been cataloging the best little tucked-away spots for a dunk in the United States and Canada. They're up to 1,600—grab a towel and go.

**16/ Do *you* on July 19** In 2014 it was the happiest non-holiday day of the whole year, according to a Gallup poll. Give yourself permission to do something you love, even if (especially if!) what you love is to nap.

**17/ Start a family book club** Chat about the new kids' novel *Circus Mirandus*, suggests Betsy Bird, youth materials specialist at the New York Public Library. Kids will love the boy's quest to help his grandfather by finding a powerful magician in a mysterious circus, guarded by an invisible tiger. You'll love the chance to believe in magic again. Five readers will win a copy; see page 134 for details.

**18/ Say cheers** Tours of breweries and wineries are often cheap (or free) and can include samples. Happily, 75 percent of U.S. adults live within 10 miles of a brewery, says the Brewers Association. Craftbeer.com keeps tabs on them, while americaswinetrails.com provides a list of wineries in a whopping 48 states.

**19/ Get the chills** It won't just be the movie theater's arctic AC that gives you goose bumps when you see the new thriller *The Gift*. Jason Bateman plays a man dealing with a stalkerish former classmate—but just wait until his wife starts to question why this guy has it out for her husband. Enter to win one of seven $25 Fandango gift cards; details are on page 134.

**20/ Fly your kite higher** The key to getting serious air is to work with a buddy, says Rachel Sanchez of Kitty Hawk Kites: "You hold the string, letting out 20 to 30 feet, while they release the kite." See huge kites flying—and make your own more petite ones—at both the Wright Kite Festival in Kill Devil Hills, NC (July 18 and 19), and the Berkeley Kite Festival in California (July 25 and 26).




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## DIY Beach Marker

**What you'll need:**
10" Polystyrene Foam ball
1" Gaffer's Tape (multiple colors)
Neon Spray Paint
1" X 48" Dowel
Fabric (we used mint & gold faux leather)

**Instructions:**

1. Spray-paint pole.
2. Wrap ball in base-color tape (we chose yellow) until covered.
3. Use a utility knife to cut hole in ball just a bit smaller than pole.
4. Insert the pole into the cut-out hole of the Polystyrene Foam ball.
5. Create pattern with remaining tape colors (like these overlapping stripes).
6. Cut 1" fabric tassels to desired length. Fold tassels in half and wire to pole. (Cover wire with extra fabric to create decorative "bands" around tassels.)

**"My 3-year-old, Ruby, loves wearing these bandages even when she doesn't have an ouchie."**

—Joy




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# THE GRITTY, GIRLY, GREAT KACEY MUSGRAVES

**Grammy-winning country singer Kacey Musgraves is a grassroots superstar, with a beyond-catchy throwback sound, knife-sharp lyrics, and Willie Nelson and Katy Perry in her corner. As she prepares to release her new album, get ready to fall in love with her—big hair, badass attitude, and all.**

BY AMY SPENCER • PHOTOGRAPHED BY NINO MUÑOZ

When Kacey Musgraves shows up at the pool on the roof of a Los Angeles hotel, she's all business on the bottom, party on top. She worked out before we met, so she's in black leggings, a blue tank, and running sneakers. But on her face sits a pair of enormous kitschy-cute bright red sunglasses with a moon cradling one lens and a star on the other. Come June 23, when her new album, *Pageant Material*, is released, that star of hers is going to get a whole lot brighter.

Finding success with her music has practically been a lifelong journey for Kacey, 26, who was born in the small town of Golden, TX—"very *Friday Night Lights*," she says—and began performing at oprys and festivals when she was 9 years old. By the time she left high school, she had self-made three albums. She eventually moved to Nashville, where she worked as a staff songwriter for the Warner/Chappell label, and appeared on the reality show *Nashville Star* in 2007. (Kacey came in seventh; when you ask her about it, she laughs and asks, "Can we skip right over that?") But as soon as she released her album *Same Trailer, Different Park* in 2013, the country world took notice: Here was a woman with a retro-cool Dale Evans look and a honey-sweet voice who was still modern, boundary-pushing, and unafraid.

Kacey's first hit single, "Merry Go Round," a wry take on small-town, blue-collar life (sample lyric: "We get bored, so we get married/Just like dust, we settle

EARRINGS: ROCKTINA BY COCOA JEWELRY. DRESS: LELA ROSE. CUFF: MONTANA SILVER SMITHS. SHOES: ALICE + OLIVIA.



**A GIRL AND HER GUITAR**
"On the road I have people do things for me, like book flights, but that doesn't happen at home," says Kacey. "You gotta keep that gumption about you and not be lazy!"

**FASHION DIRECTOR:** Jennifer Hitzges
**HAIR:** Mara Roszak for L'Oréal Paris at Starworks Artists
**MAKEUP:** Pati Dubroff at Forward Artists using Lancôme
**MANICURE:** Carla Kay at Cloutier Remix using Dior Vernis
**SET DESIGN:** John Geary at Celestine

"I don't let people's approval make or break what I'm doing."

in this town"), nabbed a surprising fan in Katy Perry, who invited Kacey to write with her and perform with her on tour. Then Kacey's song "Follow Your Arrow" made waves on the country music scene for her lyrics about rolling joints and kissing girls... and became a huge crossover success for its welcoming, be-who-you-are message. Meanwhile, two songs Kacey cowrote ended up on the ABC show *Nashville*, and another, "Mama's Broken Heart," was recorded by Miranda Lambert and went straight to number one. Last year, Kacey took home two Grammys—for Best Country Album and Best Country Song—won a second Country Music Award, and the Academy of Country Music awarded her Album of the Year. While her own songs may be more rabid fan favorites than Country Top 40 juggernauts, if the phone calls Kacey has been getting are any indication of her success, she's doing just fine. "*Damn*," she says, checking her iPhone while we talk. "I'll call him back." Then, "It's the label head," she explains. "He called me, like, last week. He left me a voice mail, and I forgot to call him back. I just plum forgot!"

Kacey is a unique mix of shy and confident, quiet in demeanor but solid in her beliefs. "It's hard for me to put myself out there," she says, sitting cross-legged in a lounge chair and pulling her hair to one side. "But at the same time, I'm like, I might as well do it the way I want to do it." Kacey plays with her hair *a lot*: She pulls it to one shoulder, twirls it, wraps it into a little bun, then lets it fall for her to twist all over again. (That hair, by the way, is fabulous, though she admits that in order to get it Texas-style big, she barely washes it. How long has it been since she last shampooed? She checks her phone again and does the math. "Yeah, this is probably day nine or ten.")

Kacey surrounds herself with people she loves—a comfort zone amidst the chaos. That includes her sister, Kelly, who shot the cover photos for her last two albums, and her bandmate Misa Arriaga, who plays guitar and sings. Kacey even invited her 78-year-old grandpa to be her date to this year's ACMs; he wore a truly majestic rhinestone-encrusted suit (see opposite page). "This could be over tomorrow," she explains. "I would regret not bringing them along." Fair enough, but we suspect the ride is just getting started.

**In "Biscuits," the first single off your new album, you sing that we all should "mend your own fences and own your own crazy." So, what's your "crazy"?**

I'm a micro-organizer. Before a show, if there's nervous energy, I'll clean the tour bus. I know it's weird—I'm OCD in that way.

**How did the title *Pageant Material* come about?**

I'm from the South, where they're a big deal. A pageant might do something positive for someone else, but *I'm* not pageant material. I'm gonna let you down if you expect me to be perfect!

**Have you ever been in a pageant?**

I've only done one. I was 3. The town I'm from, Golden, is famous for its sweet potatoes, so every year they crown a Sweet Potato Queen. But for the little girls there's a Little Miss Tater Tot competition. I didn't win! I'm still carrying the weight of my loss. [*Laughs*] I have this video of my mom walking me across the stage. And the announcer is very country. She's like, "This is Kacey Musgraves. She likes movies, sparkly dresses, pizza, singin', and she don't like bedtime. She don't like bugs, and she don't like the word *no*." That's still me to a T! That was the first and last pageant I was ever in.

**In "Follow Your Arrow," you sing about it being okay to kiss girls. But when Little Big Town sang about women kissing in "Girl Crush," some radio stations pulled the song. What did you think about that?**

"Follow Your Arrow" didn't make it into a high enough spot to be pulled! [*Laughs*] [That lyric] was a casual thought—it wasn't meant to be political.... But if you listen to "Girl Crush," it's just a good song. Some people were saying it's promoting a lesbian agenda, which I didn't understand. I didn't know lesbians *had* an agenda.

**A lot of your songs hit on the idea of being judged. Why is that?**

I think it comes from growing up in an area where a lot of kids really cannot be themselves. After high school, my best friend came out to me, and he was just like, "I don't feel like I can be myself, and you're the first person I'm telling."






From left: Kacey Instagrammed a photo of herself, age 12, with the caption, "Still reppin' that country & western wear"; performing with Katy Perry last year; with boyfriend Misa Arriaga; positively beaming with her idol Willie Nelson; at the ACMs with her grandpa Darrell Gene. Adorable!

MUSGRAVES & PERRY: RICK DIAMOND/GETTY IMAGES. ALL OTHER SNAPSHOTS: COURTESY OF MUSGRAVES.

That is still a lot of people's reality. So if a kid feels like they can walk a little taller because of something I sang, I'm inspired by that.

**Meanwhile, your line about pot—"Roll up a joint, or don't"—in "Follow Your Arrow" got censored on the CMAs.**

[The network] asked me if I wanted to make another version with a different word. I was like, "That would completely contradict the message of the whole song. So, no, I'm not going to do that." I've come to the conclusion that people are always going to find a way to be offended about something, and it's almost like they *want* to be. I won't be everybody's cup of tea. I've found peace in that. I'm cool with not being the biggest superstar on the planet. I don't let people's approval make or break what I'm doing.

**It's considered a big deal for a country artist to sing about smoking pot. But no one bats an eye when you hear it coming from a hip-hop artist.**

I'm not sure where the double standard comes from. It's funny, because there are a lot of country songs about moonshine, which is illegal.

**How do you avoid being sucked into the party lifestyle while on the road?**

I've always been pretty even-keeled, but I've had really good people around me. I've had my boyfriend on the road with me for a couple of years because he's in our band. I think the craziest thing we do is venture out and find a Thai place on Yelp that we've never been to. We might jam a little bit and have a little wine.

**How long have you and Misa been dating?**

A little over two years. We were really good friends before that. We organically just fell into each other. It was a blessing to have somebody on the road with me, grounding me like that. Musically, I've never met somebody who is more on the same page as me. He's from a couple of hours from where I'm from in Texas.

**And you and Miranda Lambert lived, like, 10 miles apart from each other at some point, right? Do you remember when you first met her?**

I was 11 or 12? She was a singer from another town. Her mom and my grandma knew each other and were like, "We should meet up. Down at the Pizza Hut."

**Did you keep in touch after that?**

We have here and there. But she's obviously, like, on another planet, and so am I. There's so much going on.

**What was it like when the song you cowrote, "Mama's Broken Heart," was a total hit for her?**

It took some getting used to at first, but I had to remember that [having a hit] was my ultimate goal as a songwriter. At a certain point, you realize that a song is either right for you or it's not. Miranda did a lot of things I wouldn't have thought to do. And we still play our version live.

**Last year you went on the road with Katy Perry. How did you two connect?**

It was a few years ago and my band and I were in Dublin. I turned my phone on and it started blowing up. Katy had tweeted about "Merry Go Round" being a great song. I ran the rest of the way to the pub and bought everyone a shot of Jameson. Eventually, she and I got in touch and spent a few days writing together for her record. Katy's done a lot for me—any chance she's gotten, she's championed my songwriting. I'm a country artist, so it's cool that she's taken initiative to support all kinds of musicians.

**What surprised you most about Katy when you met her?**

She's almost exactly like you would imagine. I mean, she's got major balls. You can put this on the record: *I've seen Katy Perry's proverbial balls*. She's had some doors slammed in her face, and it's cool to see that if you keep doing what *you* think is good, it will work out.

**You've been on the road a lot over the past few years, and staying healthy is a big deal when you're performing every night. What do you do to keep fit on the road?**

I have a little-bitty weight routine. I like barre classes. Eating well is a challenge, because if we're in a city that's known for its barbecue or burgers or pizza, I'm *not* going to miss out.

**A highlight of last year must have been touring with Willie Nelson. Can you confirm that he is the coolest person on the planet?**

Yes, I can. He's a dream. We went on tour with him and Alison Krauss last summer, and it was the most wonderful experience. We'd sit around and he'd tell stories and sing. I remember at one point being on his bus, just looking around and thinking, *I can't believe this is happening*.

**Tell me you smoked pot with Willie Nelson.**

Wish I could remember... [*Laughs*]

**Now that you're selling albums and filling up venues, do you think you've achieved success?**

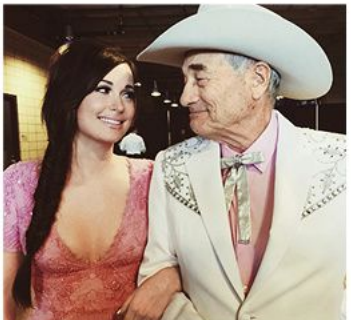
I feel like I achieved success when I moved to Nashville and got to be a staff writer for Warner/Chappell. I was blown away that I could sit on my ass and make money by using my brain. Getting to do what I love—that's success.

**Sure sounds like it to me.**

I hope so! I mean, I haven't gone to jail. [*Laughs*] ®

## WIN TICKETS TO ONE OF KACEY'S FALL CONCERTS!

Watch Kacey perform live and you'll know what we mean—she's amazing! 10 lucky readers will win a pair of tickets to a show of their choosing on Kacey's fall tour. Enter to win at **redbookmag.com/kaceytickets**; see page 134 for details.






# Outsmart the outlets and save a ton

If you're spending a hard-earned day off—from work, kids, whatever—hunting bargains, know this: Being primed to buy doesn't mean you need to succumb to every trick the discount stores have. We got the insider scoop so you can score a *true* deal.

BY TRACY SAELINGER




## Nab free coupons

Most outlet malls offer coupon booklets with extra discounts for almost every store in the complex. Anyone can pick up one of these bad boys at the customer service desk for about $5 (worth it for the savings if you buy at least a couple of things). But there are ways around paying for the coupons, too, says Sarah Shah, stylist, shopping consultant, and author of *Dress Yourself Skinny*. Many outlet malls offer free weekly coupon books to loyalty-club members (some clubs are free, such as the Simon Premium Outlets VIP Shopper Club). Plus, AAA and AARP members, college students, and military personnel typically qualify for a free booklet. Just bring your card to customer service and ask.




## Shop on a Wednesday or Thursday

If you can squeeze in some retail therapy during the workweek, don't do it on a Monday or Tuesday—stock is still low from the insane hordes of weekend shoppers. Instead, wait until midweek for the freshest inventory and markdowns, Shah says. Bonus: You won't have to elbow anyone out of the way to grab that cute cardigan.

## Crack the retailer's secret tag code

There's only so much overstock retail stores don't sell, yet the number of outlet malls keeps growing. Sound fishy? It is. Some "factory stores" mix in lower-quality goods made just for the outlets. Luckily, clothing tags offer hints about a garment's origin. For example, Gap's "made-for-outlet" merchandise has three dots below the tag's Gap logo, while retail items have none. J.Crew's factory-specific stuff has two small diamonds under the logo. But don't write off the made-for-factory stuff altogether, says Paco Underhill, author of *Why We Buy: The Science of Shopping*. Often, brands simplify their regular offerings by taking out a button or a pleat; that change may not make a difference in how it looks, only in how it affects your wallet.

## Go deep into left field

Most people are right-handed, which means the majority of shoppers naturally gravitate to the right side of a store. For this reason, outlets usually stash the biggest discounts in the back left-hand corner of the store, hoping that as many items as possible will catch your eye as you walk counterclockwise around the space, says Underhill. Save yourself some cash by making a beeline for the sale rack in the back left.



## Ask for the good stuff

Salespeople know where all the super-bargains are lurking, so ask them what they think is the best deal in the store. "A salesperson at DKNY once ran me over to the most beautiful pair of shoes, hidden in the corner—$200 off!" Shah says. "Employees love to see people get deals too." At the register, ask if there are additional discounts available: Often, salespeople can find a way to knock another 10 or 15 percent off an already-good price, Underhill says. Just be sweet as pie about it, and know when to back off—after all, this isn't the Grand Bazaar.

## Don't get "outlet fever"

After hoofing it around all day, it's easy to feel like you've *got* to leave with a trunkful of bags. Plus, frustration at not finding your white whale (is 90 percent off your dream dress too much to ask for?) can cause late-in-the-game buys that are bad for your bank account. Before you drive off, assess your haul: Were you seduced by a designer name or an extra-deep discount? If so, make returns right then. "The goal is to end up with a closet of things you love, not a closet of things you paid less for," says David Zyla, coauthor of *How to Win at Shopping*. ®



ILLUSTRATIONS BY Andrew Joyce

# *Go ahead, be fabulous. Just protect yourself.*



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It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

- **Dryness/itching**
- **Burning/stinging**
- **Feeling like something is in your eye**
- **Sensitivity to light**
- **Blurry vision**
- **Problems wearing contact lenses**
- **Watering eyes**

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.





# TAKE ACTION NOW

- **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

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My DRY EYES




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St. Jude Children's Research Hospital

# "My little sister carries me"

*This* is what "I'll do anything for you" looks like. After being diagnosed with ALS at 33, Sarah Coglianese discovered her sister had reserves of almost superhuman strength—strength both Sarah and her family will need to face a terrifying future.



Sarah (left) and her sister, Liz, in San Francisco this year.

**LATELY I'VE BEEN** revisiting a childhood memory. I am 7 years old, walking with my 3-year-old sister across our street, when she stumbles. Panicked that she will be run over, I start dragging her along the blacktop instead of helping her stand. She is crying and her knees are getting scraped. When we get to the other side, I feel relief, but also embarrassment. I was trying to take care of her, but I wasn't strong enough.

That memory resurfaced one day, more than a year ago, after my sister carried me up a flight of stairs. I'm 36 now, but I can't walk across the street, or even across a room. Amyotrophic lateral sclerosis (ALS) has left me in a wheelchair, and as much as I wish she didn't have to, my little sister now takes care of me.

This is not, of course, how we planned our lives back when we shared a bedroom, arguing over the dividing line between her side and mine and dancing like maniacs to Phil Collins tapes on my purple boom box. When she was 9 years old, we ran away from home, and I used my babysitting money to buy us lunch and movie tickets. Later on that same afternoon, we strutted home, giddy with adventure, and realized nobody had noticed we'd gone. As we grew, she listened in on my phone calls. I borrowed her clothes without asking and then crumpled them up under her bed, insisting she had forgotten they were there. Then, when I left for college, letters from Liz began arriving at my dorm: She would vent about life at home with our parents and two brothers, asking for my advice. We discovered we missed each other.

When it was her turn to head to college, she chose the same school I had attended. She worked the same part-time job, graduated, and got a job in marketing, just like I had. But back then, we lived hundreds of miles apart: I was in San Francisco, she settled in Chicago. We talked on the phone constantly, though, and one day she called in tears about a boy. As I curled up in an old armchair in my studio apartment, I was surprised by how painful it felt to be unable to hug her. Being across the country was so inadequate that it physically ached. All I could do was listen to her cry.

We both fell in love with men named Rob (hilarious for the rest of the family). My Rob and I spent a few years in New York City, but we chose to move back to San Francisco and make it our home. With its great weather, we could be active

**"When I tell her I feel guilty, she replies, 'You would do the same for me.' And it's true."**

COURTESY OF SUBJECT.

practically year-round. I explored my new hometown on foot; running was my passion. Rob biked for miles on the curvy roads overlooking the ocean. And then, finally, geographic synchronicity: Liz and her Rob moved to San Francisco too. By that time I was pregnant, and utterly thrilled to have my sister close again. We cooked together, went hiking, tried new restaurants, and waited for the baby.

**THE FOLLOWING SUMMER,** with our 5-month-old in tow, the family decamped for my uncle's cabin in northern Wisconsin, a peaceful spot tucked into an old-growth forest, miles away from any city. One day, we sat on a wooden raft in the middle of the lake, lazy waves lapping at our feet, listening to the zip of fishing lines and talking about our plan to hire a nanny for baby Scarlett.

"I'll be your nanny," Liz piped up. We laughed. By that time, she was an advertising exec; it was unlikely we could afford her, even if she had been serious. We moved on to a discussion of what to bring on that evening's cocktail cruise, a tour around the lake, my grandpa as captain, while the rest of us scanned the water for loons.

But the sister-as-nanny idea took root in my mind, and suddenly it seemed like the obvious—the only—way we could move forward. I was going to be working from home, and I didn't want to share the house and my child with just anyone. The way Liz and Scarlett lit up when they saw each other felt like a sign; why leave my daughter with a stranger when I could leave her with my best friend? It turned out my sister was serious about taking some time off from her career, so we made it work, paying Liz more than the market rate because we knew she brought more to the job. She brought *family*.

Liz arrived early each day, feeding Scarlett breakfast while I worked down the hall, managing client relationships for a book publishing house. She kept a journal, where she catalogued many of Scarlett's "firsts." "Tried blueberries. Very dramatic gagging." "TOOTH!" She could get Scarlett to nap easier and better than Rob or I could. It was impressive... and annoying. And it was hard for me to let go. I almost couldn't help myself from wandering into the kitchen and meddling. "Is that too hot?" I would ask Liz as she spooned oatmeal into Scarlett's mouth. "I think that's her hungry cry," I would offer as I walked past the bedroom. Liz finally lost it and yelled at me to stop micromanaging her. I tried to be more careful, more respectful. But we could see that the arrangement had its limits.

When, after a year as the nanny, my sister got a job offer back in her field, Rob and I understood—and I decided to step back from my work. I was tired of shutting the door on my daughter every morning. I wanted to be the one to take her to swim lessons and music classes, to watch her dump sand on her head at the playground. I also wanted to pull out our jogging stroller, although running had begun to present me with unfamiliar challenges. Pre-childbirth,





Clockwise from top: Liz, nanny extraordinaire, with Scarlett; Liz and Sarah before the diagnosis that would change their lives; the sisters as kids in 1986.

I had one marathon under my belt and countless miles clocked along the San Francisco Bay, the best way I'd ever found to clear my head and fill my soul. But recently I'd find that after no more than three minutes, my feet would refuse to lift and—more than a few times—I wound up lying on the sidewalk, puzzled and frustrated. My hope was that with a stroller to hold on to, I'd stop falling. It worked, but within minutes, I *still* had to slow to a walk. I was furious at my inability, at my unwilling body.

My sister was among the people telling me I needed to see a doctor. Nine months and many appointments later, she was the first person I went to the day I was diagnosed with ALS. Rob and I drove straight to her house from the hospital, shocked and bewildered at what our life was going to become. Liz was hugely pregnant, and I will never forget the way her face crumpled when I walked up her back staircase and told her the news. I held on to her and said reassuring words like *research, hope, stem cells*. But we were terrified. Months before my diagnosis, a neurologist had mentioned ALS, so of course I'd looked it up. That was the day I cried harder than I have ever cried in my life, before or since.

ALS is a devastating neurological disease. Your brain stops talking to your muscles, and those muscles, including the lungs, quit working. With no real treatment and no cure, the average life expectancy is two to five years after diagnosis. I'm not the typical patient—it's more common

COURTESY OF SUBJECT (3).

in men, and the average age at diagnosis is 55—but I've learned that ALS can and does strike anyone.

What I couldn't fathom was the idea that this disease was going to steal my future with my daughter. She was only 2 years old, yet already beginning to understand that things were changing. I could no longer carry her up the stairs, an act we had both taken for granted. "Mommy's legs are weak," she told her stuffed animals. One day I dropped a glass bottle of milk in our garage. It shattered at her feet and she watched me cry "black tears," mascara washing down my panicked face. She still talks about that day. I think it might be her very first memory.



Eventually I lost my ability to drive, to climb stairs, to literally put one foot in front of the other. The more ALS took, the more reliant on others I became, and the more I felt like a burden. My husband carried me in and out of our second-story flat while we looked for an accessible place to live, the move an expense we hadn't planned on.

Liz had her own new baby to focus on, but to her we were a family of six, and taking care of the group became her primary goal. She cooked for all of us, drove Scarlett to school, came with me to appointments. I was using a walker by this time, and my world was rapidly shrinking. One day, as I stared up at Liz's suddenly mountainous back staircase, certain that the era of spending time in her home was over, she simply lifted me into her arms and carried me up the stairs. Then, as if it had been nothing, she poured me a cup of tea. As I settled on her couch to watch my nephew play, I was—and remain—awed by her strength. Liz really shouldn't be able to lift me the way she does. Though my muscles are atrophied, my legs and arms beginning to look like Popsicle sticks, I'm still taller than she is, and not a whole lot lighter. Her strength borders on the comical. She wills herself to lift me, and so she can.

> **"My daughter will always have a piece of me, in Liz. And Liz will always have a piece of me, in Scarlett."**

Desperate to save me, Liz has scoured the Internet, made calls, joined groups. There have been times when we've been at odds over this. She spoke with people who swore by intense detox regimens (that even included removing the fillings in teeth) in order to combat ALS. Though in theory there was no limit to what I was willing to do, I was simply too skeptical. "Why can't you just try?" she yelled at me. It broke my heart, because I *was* trying. I'd changed my diet, bought a pharmacy's worth of supplements, gotten antioxidant injections, gone to a Tibetan healer. But there was no way to know if it was enough. After she yelled at me, she said, in a quieter voice, "You don't understand. If you're gone, what will I do?"

**MY ALS PROGRESSES,** slowly but steadily. My hands and arms are affected now, so at Sunday family dinners, Liz often sits next to me and cuts up my food. She has helped me shower, lifted me on and off toilets. These are the kinds of things she used to help Scarlett do. I feel guilty, and worry she will begin to resent me. But when I've said as much, she simply replies, "You would do the same for me." And it's true.

My daughter is 5 now. Statistically speaking, I'll be lucky to make it to her 7th birthday. I admit I don't spend a lot of time thinking about it, because I've learned that when you consider the future with ALS, you can end up in a frightening place. It goes like this: One day, I might not be able to talk. One day, breathing will be hard. And one day, far sooner than I will ever, ever be ready for, I will have to say good-bye to my little girl. I protect myself by living in the present as much as I can.

Despite everything I know, I maintain a sliver of hope. Hope that one day my sister and I will dance again, our legs strong and our arms entwined. Hope that one day I will pick up my daughter and swing her through a shimmering lake, listening to her laugh. But since most of me knows how unlikely those things are, I take comfort when I see Liz and Scarlett together. Thanks to the connection they forged from the very beginning, they love and trust each other in a way I recognize deeply, because it's how I feel about both of them. There have been times when Scarlett has fallen, scraped a knee or banged an elbow, and rushed straight past me to my sister's arms. She clutches Liz's legs whenever it's time to say good-bye, and she often wakes up in the morning and asks if we will be seeing Liz. Perhaps under other circumstances, this kind of thing would hurt my feelings. Instead, I'm relieved. I know that no matter what happens to me, Liz will pick Scarlett up, giving her the strength she's given me these last few years. My daughter will always have a piece of me, in Liz. And Liz will always have a piece of me, in Scarlett.

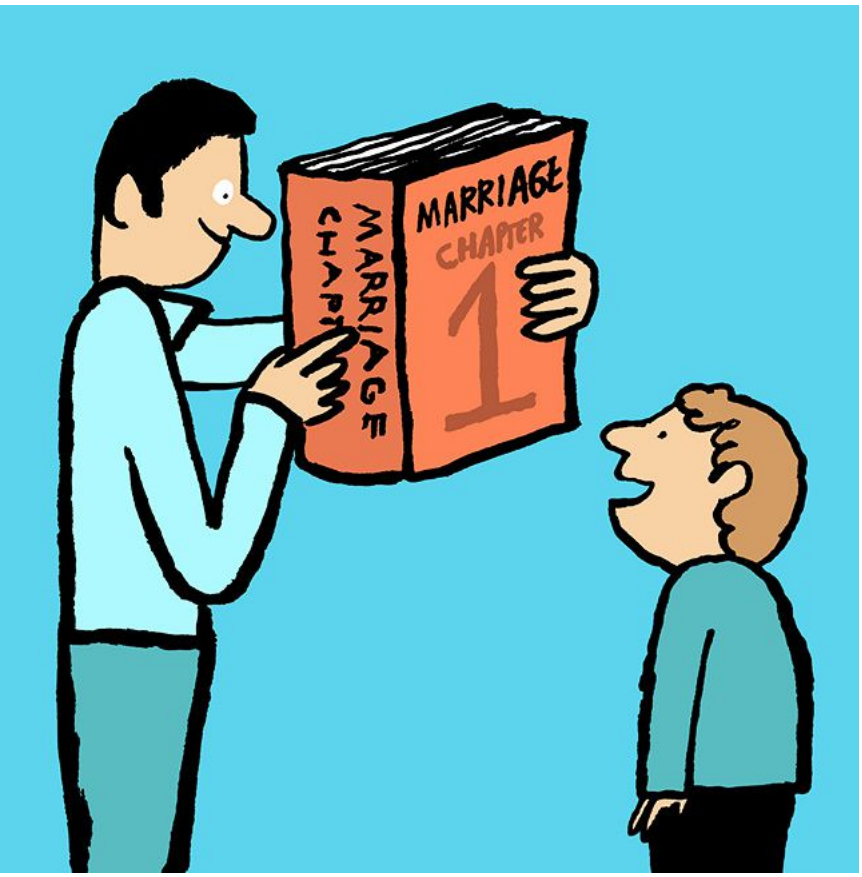
Someone once asked me if I was jealous of Liz's health, jealous of her relationship with my daughter. Jealous of it? No. I am counting on it. ®

WHYS GUY

# What I want my kids to know about marriage

Simple truths to help the next generation (or this one) be content in relationships, from Aaron Traister, a guy committed to commitment.

I vaguely remember my parents sitting me down for the big sex conversation; I say *vaguely* because I've repressed the memory nearly out of existence. Still, while I've had plenty of conversations with them about other key adult things, like finances and the dangers of smoking, we never had the marriage talk. Because that conversation doesn't really exist. We spend our adult lives trying to perfect this important institution, yet we don't have a culturally accepted moment to pass on our knowledge. Unless you count wedding toasts, which I don't, because (in my experience) those can get weird. So after 13 years of marriage, I've compiled a few things my kids will need to know—though maybe later, when they're out of grade school.




### If you do the cooking, your partner should do the dishes

Or, if you drop off and pick up the kids, your partner should make their lunches. Whatever works. You can divide labor any way you want, but you have to divide it. You'll make adjustments along the way, but in the ideal partnership no one is playing video games while there is work to be done. When the kids were little, I used to put them to bed and read them stories, and my wife, Karel, would clean up after dinner and get some quiet time to herself. We loved that pattern for about three years (reading to your children is a gift); however, it got to the point where if I had to read *Hippos Go Berserk!* one more time, I was going to be the only hippo going berserk. So Karel took over bedtime and I did the cleanup. Or, to paraphrase Sandra Boynton, "The hippos divided up the work so no one felt like a hippo jerk."

### Actual people shouldn't talk like they're in a sitcom marriage

At some point, TV writers decided that a way to show a married couple's comfort level was to have them say "hilariously" mean things to each other. This may work on the small screen, but there is no laugh track in real life. Case in point: I was at a BBQ where one of the guests started joking about how he and his wife never had sex. Apparently she had initiated intimacy for the first time in several months and he found himself wondering if he had forgotten that it was his own birthday. Hilarious... eh, not really. The crazy thing is that his wife was listening, and she then said, "At least someone around the house is willing to do some heavy lifting." I don't even know what that *means*—was she implying that he's lazy, or weak, or fat? Whatever, it wasn't very nice or respectful. These two weren't even fighting; they were just throwing out "witty" banter like they were doing a pop-up community-theater production of *Everybody Loves Raymond*. It was horrifying, and I hear couples talking like this all the time. I need my kids to understand that when real people do that, it isn't funny. It just makes everyone at the BBQ uncomfortable and think you need counseling.

### Having stuff in common is overrated

Shared hobbies are not that important, because you can do a hobby alone and still have dinner together. A similar taste in music or movies isn't such a big deal either; if Karel and I hadn't gotten together, I would never have discovered my love of hair metal. What matters a lot more than the cute ways you're alike is having a worldview that matches up. Consider



ILLUSTRATION BY Jean Jullien

this: "We are both from suburban Boston and went to the University of Vermont! Growing up we both had dogs named Bandit, and we both love the Red Sox! I work in elementary education encouraging the little future leaders of America, and Gary is always busy reorganizing his cans of beans for the end times!" This is a couple that isn't going to work out, because while they have a lot in common, they have wildly differing outlooks. You've got to agree on the big stuff, like whether we have a purpose on the planet, or what "family" means for you (you and your kids? your parents? Aunt Mary who isn't actually anybody's aunt?), or how likely it is that zombies are a real thing.

### It's okay to start from zero

To quote Drake, "We started from the bottom now we here." And I think Drake would be the first to admit that starting from the bottom makes getting "here" that much sweeter. I understand the logic behind wanting to be financially stable before you share your life, but if you meet the right person when you're young and broke, that shouldn't stop you from committing. I met Karel when I was 23. I didn't have a career or money, and my only assets were a pile of comic books that were worth about $300. (Yes, that much.) Karel was a 26-year-old bartender who had a wine bottle full of tips that she was going to use to visit Paris. Years later, we still don't have a lot, but compared to where we started, it feels like we're rich. There is no "mine" or "hers" when it comes to the meager empire we've made; it's all "ours." When you start with nothing and you build everything together, it gives you a stronger foundation.

### Do not surrender

Too many people view marriage as retirement, the hard work of single life finally over. When you're single, you dedicate a tremendous amount of energy to looking like a desirable, healthy mate: You stay fit; you dress nicely; you're active, curious, and industrious; and you clean your apartment before you have a "special visitor." So it's understandable that when you do attract that mate, you think to yourself, *I did it! My reward is putting on sweatpants and eating Cheez Curls while I watch* The Expendables 3 *for the next 50 years!* Wrong. Marriage isn't an ending point; it's a beginning. Maybe being single was wild and fun, but that's because you were taking care of yourself and being interested in other people and the world. You need to take care of and be interested in yourself, your partner, and your marriage for the whole thing to work. Never let the Cheez Curls win.

### You're like Matthew McConaughey in *Interstellar*

In 2037, my kids will have to download this movie to the microchips in their brains to fully understand what I mean, but here is the truth: You and your partner are all alone in the void. Your loved ones may be rooting for you back home, but your parents can't make things right, and your friends are not to blame when things go wrong. The responsibility for the success or failure of your relationship is entirely on you, so take it seriously.

### If you're not having any fun, you're not doing it right

When people write about marriage or long-term relationships, they often make them sound like a total drag (you know, like comparing the experience to *Interstellar*). While I think it's serious business, marriage should not be all about hard conversations and toughing it out. Most of the time you should feel like things are right in your world, along with plenty of moments where you feel downright psyched to have this amazing person around. To put this in terms I'm confident my kids will understand, marriage should feel like you've found—at last!—the hippo with whom you want to go berserk. ®



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[WE LEARN FROM HER]

# She turned her loss into music

When this mom lost her cherished son, she decided to honor his memory by helping the children of her community flourish creatively. Let her inspire *you* to do more!

BY JESSICA PRESS

March 11, 2014, a few days before Drew Joseph Boswell's 16-month birthday, was a happy one for the Boswell family. Drew ran into his mother Georgia's arms when she picked him up from nursery school in their hometown of New Orleans; she played with him on the swings at home, gave him dinner, read him a story, and kissed him goodnight. She and her husband, Devron, checked on Drew in the night and all was fine. But by the time Devron went to wake Drew the next morning, Drew had died.

"'Something's wrong, call 911!' Devron screamed, then he started CPR," says Georgia, 36. "The firefighters arrived quickly and confirmed what we already knew—he was gone." The subsequent coroner's report revealed no explanation: Drew was perfectly healthy. His death fell into a little-known category called sudden unexplained death in childhood (SUDC), which occurred in about 400 children and teens in the United States in 2013, the last year reported. (The more common sudden infant death syndrome [SIDS] affects children under age 1.)

"The day Drew died, I was sitting on my back porch looking at his musical toys and I could feel the anger welling up inside of me," Georgia says. More than anything, Drew loved banging his bongos, playing his little red piano, shaking his booty to music on the radio. Though Georgia works in medical sales and Devron is a construction project manager, they both come from musical families. "So a light went off: I thought, *We need to do something with music to honor Drew's life.*" In lieu of flowers for Drew's memorial service, Georgia and Devron requested that people make donations to a children's arts program in the impoverished neighborhood of Tremé. Within weeks, $10,000 was raised, saving the program's summer camp from being canceled due to budget cuts—and the camp was renamed Drew's Krewe. The couple also launched Drew's Tunes, a nonprofit that provides free instruments and lessons to kids and raises awareness of SUDC.



Georgia (who gave birth a week after this photo was taken in April) can't wait to tell her daughter all about "big brother Drew."

So far Drew's Tunes has given away 200 instruments and more than $33,000 to summer camps and after-school programs, raised through donations and fund-raising events; an additional $12,500 has been donated to SUDC research. Local mom Adrian Nicole Gottschalk is grateful for the opportunities her children have been afforded: Her twin girls received a violin and a keyboard, her son participates in a music program, and all three take voice lessons. "Every Christmas we'd look at getting them instruments of their own, but it's *expensive*," says Adrian. "Georgia experienced every mom's nightmare, but had the fortitude to use that tragedy to touch the lives of so many families. To open herself like that is a wonderful gift."



The Wilcox Academy of Early Learning received 90 instruments from Drew's Tunes.

## WHAT YOU CAN DO

**SEND IN USED INSTRUMENTS.** Drew's Tunes will refurbish and pass them along to budding young musicians. See drewstunes.org for details.

**SUPPORT SUDC RESEARCH.** Donate to Drew's Tunes or sudc.org, which also helps families through their grief.

**SHARE DREW'S LOVE.** "I want to spread the happiness music brings kids, but right now we're just local," says Georgia. Google *children's music charity* and your state to see where you can pitch in locally.

DAYMON GARDNER. SNAPSHOTS: COURTESY OF SUBJECT.

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red

# AT HOME

**PHOTOGRAPHED BY** Mary Costa



ASHLEY ROSE/SUGAR & CLOTH. PROP STYLIST: JENN ELLIOTT BLAKE.

## A very sweet D.I.Y. centerpiece

Pineapples are a symbol of hospitality... and, turns out, they make surprisingly lovely vases. Buy one that stands straight on its base, and remove the core using a sharp knife. Scoop out enough flesh to slip in a slender glass, then fill it with water and blooms, says Jenn Elliott Blake, who invented this for the blog Sugar & Cloth. It'll keep for a day outside—and a few more in the AC. But leave it outdoors and it *will* become critter food.




# home under $35

Need a hostess gift that isn't wine (yawn)? Or a treat just for you? Either way, these pretty pieces will please.

Cheerful, useful gifts that will make everyone




RICHARD MAJCHRZAK/STUDIO D. STYLIST: CLAIRE TEDALDI AT HALLEY RESOURCES. STATIONERY, BLANKET, JUG, CRAB, TRAY: COURTESY OF MANUFACTURERS.

**1** Use this butterfly as a paperweight, or stand it up on a windowsill to let the sunlight shine through. Resin paperweight, $19; westelm.com.

**2** There's nothing like getting a handwritten note in the age of emails. *Especially* on such lovely paper. Violet floral stationery, $22; riflepaperco.com.

**3** This beautiful geometric vase is a statement-maker with or without blooms. Small geo vase, $25; shiraleah.com.

**4** Each playing card is like a whimsical little work of art. Playing cards, $12; 1canoe2.com.

**5** This trivet announces, "I'm ready for a Carolina crab boil." Crab trivet, $14.95; crateandbarrel.com.

**6** These candleholders have such a great design—the touch of pink feels feminine, but the clean shapes are so modern. Candleholder set, $19.99; marshallsonline.com.

**7** Turn *your* house into a beach house this year: These bring the shore to you. Natural seashell place card holders, $5.17 for set of 6; beau-coup.com.

**8** Because tossing a colorful throw on a piece of furniture is one of the fastest ways to give a room a face-lift. Threshold lattice throw, $24.99; target.com.

**9** You'll smile every time you drop your change on this charming little catchall. Brass pineapple coin dish, $16; hattanhome.com.

**10** Give your new neighbor these gorgeous colored mugs... then invite yourself over for a cup of joe. Bright mug, $31.95 for set of 4; jossandmain.com.

**11** Rinse your berries in this ceramic carton and put it right on the table for everyone to admire. Food Network berry basket, $16.99; kohls.com.

**12** Serve cocktail-hour cheese and crackers on this sweet tray, or hang it on the wall as kitchen art. Vegetable print tray, $16.90; zarahome.com.

**13** Exactly what your weekend breakfast table needs: this pitcher filled with freshly squeezed O.J. Maxwell & Williams Sprinkle Collection 57-oz jug, $19.99; bedbathandbeyond.com.

think you splurged—and that's totally okay.




We used **garden-hose handles**, but try river rocks, antique brooches, or even rubber duckies as towel hooks!

# MAKE OVER YOUR BATHROOM ON A BUDGET

More than half of homeowners spend between $5,000 and $25,000 on their master bath renovations. But if you don't have that kind of cash lying around, here are three bathroom makeovers that are completely D.I.Y.-able (read: no contractor required) and come in at just a few hundred bucks. And in case you need more motivation: Scott McGillivray of HGTV's *Income Property* says a showstopper bathroom can return anywhere from 60 to a whopping 200 percent on your investment if you ever decide to sell. Not too shabby for an afternoon!

BY VIRGINIA VANZANTEN

## Quick fixes: DECALS AND ACCESSORIES

The fastest way to a brand-new bathroom is by adding some clever, colorful accessories and slapping on statement-making decals.

**1.** These giant poppies are oversize removable stickers that take mere minutes to put up: Just peel off the backing and smooth them onto the wall. The more random your design the better—nice, right? Decals are ideal in bathrooms because they stand up to steamy showers and are easy to peel off when you're ready to change your look. Plus, adding even one to a ho-hum vanity goes a long, long way.

Wild poppies watercolor wall decal kit, $40.99; etsy.com/shop/chromantics.

**2.** Try a fun detail like these towel holders made from garden-hose handles. Simply spray-paint each one in a punchy color, then use a strong glue like Gorilla Epoxy to stick it to the flat end of a one-inch screw. Let it dry and twist the whole thing into a predrilled hole in your wall by hand.

Hose handles, from $5; amazon.com.

**3.** Sunshine-yellow accessories and a bath mat that reminds you how hot you look are instant mood boosters. Plus, using two shower curtains instead of one—so they open in the middle—feels truly glam.

Yellow porcelain dispenser, $25.90; zarahome.com. Plum & Bow bath mat, $34; urbanoutfitters.com. Homespun Stripe hammam hand towel, $10; westelm.com. Zigzag shower curtains, $44 each; urbanoutfitters.com. Kenneth Cole Reaction Home faceted wastebasket, $39.99; bedbathandbeyond.com. Gateway toothbrush holder, $10.99; bedbathandbeyond.com.

**4.** Save the heirloom art for the living room. This butterfly print is beautiful, but at less than $4, if it gets water damage, you won't be devastated.

Cavallini Butterflies wrapping paper, $3.95; papersource.com. Ribba frame, $14.99; ikea.com.




STUDIO D. PROP STYLIST: COURTNEY DEWET AT BIG LEO PRODUCTIONS. 24½-INCH WHITE VANITY WITH WHITE TOP, $49; GLACIER BAY CONSTRUCTOR 4-INCH CENTERSET 2-HANDLE LOW-ARC BATHROOM FAUCET IN CHROME, $27.35; GLACIER BAY 2-PIECE 1.28 GPF HIGH EFFICIENCY ROUND TOILET IN WHITE, $96.80; HAMPTON BAY 4-LIGHT CHROME RACEWAY BATH LIGHT, $15.98; GLACIER BAY 30X24-INCH BEVELED WALL MIRROR, $18.98; DELTA SILVERTON TOWEL RING IN CHROME, $16.98; ALL HOMEDEPOT.COM.

PHOTOGRAPHED BY Alison Gootee




## A surprisingly easy overhaul: WALLPAPER AND HARDWARE

Set aside a few hours on a Saturday and get ready to peel-and-stick your way to a whole new loo.

Looking for standout new knobs? **Zara Home** and **Anthropologie** have adorable options.

**1.** Most experts will tell you that wallpaper and a steamy bathroom aren't a good combination. But the exception is this clever paper from Chasing Paper that goes up quickly, comes in tons of colors and patterns, and holds up to moisture. To apply, simply cut the piece to size, peel off the back, and smooth it evenly onto the wall.

Perfect Plaid in green, $35 for a 2x4-foot panel; chasingpaper.com.

**2.** There's a lot happening here, but it doesn't feel chaotic because the accessories (towel, soap dispenser, bath mat, and shower curtain) are in the same cool color palette as the wall.

Soho lotion dispenser, $29; kassatex.com. Marlo stripe bath rug, $29.50; potterybarn.com. Victoria Park toile bathroom shower curtain, $36; amazon.com. Fouta hand towel, $18; serenaandlily.com. Santiago wastebasket, $39.99; bedbathandbeyond.com. LeBain tumbler, $16; kassatex.com.

**3.** Swapping out a vanity is doable, but it's a hassle, so preserve your sanity with these tiny but impactful tweaks. First, trade your knobs for a prettier set; it takes only a few turns of the screwdriver. Then upgrade your faucet. You don't need a plumber to do this, just wrenches, caulk, and Home Depot's easy-to-follow video at youtube.com/homedepot.

Leaf knob set, $6.90; zarahome.com. Glacier Bay Lyndhurst 4-inch centerset 2-handle bathroom faucet, $96; homedepot.com.

**4.** Contact paper is the fastest—and cheapest—way to dress up a bland mirror. Cut 1½-inch strips using a ruler and a craft knife, then create your design, overlapping the strips at the corners and trimming any excess.

Contact paper, from $3; hardwareonlinestore.com.

**5.** These whimsical hand mirrors can be found on amazon.com starting at around $10 and won't get damaged by errant splashes. Plus, they'll give you another place to put on your morning makeup when your hubby is hogging the sink.




Cats Can't Resist®

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Want a calmer color? **Benjamin Moore's Iceberg 2122-50** is a mellow gray-blue.

## A major makeover:
# TILE AND PAINT

No professionals were involved in the making of this bathroom. We swear! Even a D.I.Y. newbie can pull this off in a weekend.

**1.** Tiling a wall may seem super-daunting, but it really isn't with a genius product called SimpleMat. Rather than adding a layer of mortar to your walls—a messy step—you stick the SimpleMat adhesive pads directly on your wall, add the tiles (they adhere to the mat), and layer on your grout.

Arabesque Orion porcelain mosaic tile, $10.47 for 9⅞ x 11⅛ inches; homedepot.com. SimpleMat 30-square-foot roll, $49.97; homedepot.com.

**2.** This color scheme is all about high energy—we contrasted the blues with vibrant accessories to give the bathroom a perk-you-up-at-6 a.m. kind of vibe.

Wamsutta perfect soft micro cotton hand towel, $10.99; bedbathandbeyond.com Kalani fabric shower curtain, $39.99; bedbathandbeyond.com. Coco indoor/outdoor rug, $43; dashandalbert.com. Nate Berkus faceted soap dispenser, $9.99; target.com. Kenneth Cole Reaction Home faceted wastebasket, $39.99; bedbathandbeyond.com. Santiago tumbler, $12.99; bedbathandbeyond.com.

**3.** You can paint a tired vanity, even if it's laminate. Brush on a coat of oil-based primer and let it dry. Then give the surface a light sanding and cover it with two coats of your color in an eggshell finish (it will help repel water).

Benjamin Moore Fresh Green 613.

**4.** Swapping in a living room–style mirror makes the space feel unique.

Uttermost Spadola wall mirror, $283; wayfair.com.

**5.** The quickest way to update your vanity lights? A custom shade from Vanity Shades of Vegas. They come in a ton of fabrics and sizes and are designed to rest on top of your existing fixture.

Linen jewel tone 4-bulb shade, $64; etsy.com/shop/vanityshadesofvegas.

**6.** These pattern-heavy melamine plates look striking here and won't warp with moisture. Use metal plate hangers to secure them to the wall.

Dinner plates, $1.49 each; target.com. Plate hanger, from about $3; amazon.com.

PAINT CAN: AMANDA ROHDE/GETTY IMAGES.




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# Jennifer Garner's happy home secrets

One of the many things we adore about this actress and craft-loving mom of three: She really embraces the chaos. This is the stuff that keeps her smile on and her sanity intact.



Crafting practically runs in Jennifer Garner's blood. "My sisters and I spent so many hours at our local Jo-Ann Fabric," says the Charleston, WV, native. "We would play hide-and-seek under the fabric and pretend we lived there." So it was a natural fit for the actress to partner with the chain on We Made It, a line of more than 100 crafts for kids ages 4 to 11. (A portion of the proceeds goes to Save the Children, where she's an artist ambassador.) Still, Garner, who has three children with husband Ben Affleck, swears her kids have made her craftier. "I'm not particularly neat and I always screw stuff up, but I do it anyway because it makes me happy," she says. Here's how to get some of that joy at your place.



"I'm going out of town for a movie for a couple of weeks and I always leave a bunch of notes to be put in my kids' lunchboxes while I'm gone. This time I'm having the kids make them with me. We have stamps and stickers and I usually put a knock-knock joke on there with an 'I love you. Love, Mom.'"

For these and similar items: papersource.com.

"We love to garden, so one of the crafts for Jo-Ann is a gardening apron that comes with these little pots of paint and stencils. My 2-year-old and I did it together and he was totally and completely thrilled."

Apron, $19.99; joann.com.





"Our kitchen is gray. The color makes me really calm."

Benjamin Moore Mt. Rainier Gray 2129-60.

"My kids' artwork is everywhere in our house: The fridge is covered, and we have shelves for it in the kitchen. The idea is that they're a rotating art gallery—though sometimes it's hard to remember to actually rotate them."



"I just did an episode of *Barefoot Contessa* with Ina Garten. I told her, 'I try to make kale chips, but I always get them wrong.' We cut kale from my garden and she showed me what to do. We've had them twice a day every day since." Here's the recipe: Brush the kale with a bit of olive oil, sprinkle on salt and a little pepper, then put it in a 350°F oven for 10 minutes. Take it out and sprinkle grated Parmesan all over. Put it back in the oven for 2 minutes and it will come out crispy and *perfect*.

"I still have the quilts my grandmother made.... Now I'm reading *Little House on the Prairie* with one of my daughters and she wants to make a patchwork quilt. So we've been working on a little one. But we're doing it with a sewing machine—not by hand!"

Greenland home fashions New Bohemian cotton throw, $33.99; wayfair.com.



CLOCKWISE FROM TOP LEFT: BEN GOLDSTEIN/STUDIO D, STYLIST: KRISTY VANT AT MARK EDWARD INC.; VERA ANDERSON/WIREIMAGE; COURTESY OF MANUFACTURER; ALASDAIR THOMSON/GETTY IMAGES; COURTESY OF JO-ANN FABRICS; MICHAEL KRAUS/SHUTTERSTOCK.

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# GRILL YOUR WHOLE DARN DINNER!

**Easiest evening ever—cook every last morsel of your meal (including dessert) over the flames. Your job: Make sure it doesn't burn, have a drink, and enjoy yourself.**

RECIPES BY KHALIL HYMORE  PHOTOGRAPHED BY JONNY VALIANT

## JERK ROAST CHICKEN WITH SWEET POTATOES AND ASPARAGUS

Total: 1 hour and 10 minutes (plus heating and resting)

Spatchcocking is a genius way to speed up cooking a chicken, because you flatten it out by removing the backbone. Here's how: Place **1 chicken** (3 to 4 lbs) breast-side down on a clean work surface with its legs facing you. Locate the chicken's backbone by sticking a forefinger in the cavity—it runs along the top center. Using poultry shears, snip along one side of the backbone until you've cut all the way through the chicken; repeat on the other side. Turn the chicken over and press it flat. (Discard the backbone or save it for stock.)

**1.** Heat grill to high and oil the grates.

**2.** In a blender, combine **2 roughly chopped scallions**; **1 stemmed and roughly chopped jalapeño**; **2 garlic cloves**; **4 tsp fresh thyme**; **1 Tbsp fresh orange zest**; **3 Tbsp fresh orange juice**; **2 tsp brown sugar**; **1 tsp kosher salt**; **½ tsp each crushed red pepper flakes, ground black pepper, and ground allspice**; and **¼ tsp each ground nutmeg and ground cloves**. Place spatchcocked chicken in a large baking dish. Rub spice mixture all over and let marinate at least 20 minutes.

**3.** Prick **4 small sweet potatoes** with a fork; wrap them in parchment and then foil. Place on the grill and cook, rotating occasionally, until tender, about 30 minutes.

**4.** Place the chicken skin-side down on the grill and cook, covered, until it's golden, about 10 minutes. Flip and grill until the internal temperature reaches 160°F on a meat thermometer when inserted into the thigh, about 35 minutes.

**5.** Meanwhile, toss **1 lb trimmed asparagus** with **1 Tbsp olive oil** and **½ tsp each kosher salt and ground black pepper**. Place on the grill and cook until crisp-tender, about 5 minutes. Remove the chicken; let rest for 15 minutes. Remove the potatoes to cool slightly.

**6.** Serve the chicken with **lime wedges**, potatoes, and asparagus.

*Makes 4 servings. Per serving: 512 cal, 26 g fat (7 g sat fat), 48 g protein, 21 g carb, 4 g fiber.*



## SHRIMP "BOIL" WITH GRILLED POTATOES AND CORN WITH HERB BUTTER

Total: 45 minutes

**1.** Heat grill to high and oil the grates.

**2.** Toss **2 lbs large halved baby potatoes** with **2 Tbsp olive oil**, **1 tsp kosher salt**, and **2 or 3 rosemary sprigs**. Wrap the potatoes and rosemary in parchment and then foil. Place the packet on the grill and cook, flipping the packet occasionally, until the potatoes are tender, 30 to 40 minutes.

**3.** While the potatoes cook, skewer **1½ lbs large or jumbo shrimp**, shells on but deveined (alternatively, you can skip the skewers and use a grill basket to cook the shrimp), and peel **4 ears of corn** from their husks and remove all the silk.

**4.** When the potatoes are about 10 minutes from being cooked through, place the corn directly on the grill and cook, turning often, until crisp-tender, 4 to 5 minutes total. Meanwhile, stir together **¼ cup melted butter**, **2 Tbsp chopped fresh basil**, and **2 tsp lime zest**. Remove the corn from the grill and brush the herbed butter on it, then season with **salt** and **pepper**.

**5.** Remove the potatoes from grill.

**6.** Place the shrimp on the grill. Cook, turning once, until opaque, 3 to 5 minutes. Remove the shrimp from the skewers and transfer to a large bowl. Drizzle with **2 Tbsp extra-virgin olive oil** and sprinkle with **¼ cup chopped parsley** and **4 tsp Old Bay seasoning**. Serve immediately with **lemon wedges**, corn, and potatoes.

*Makes 4 servings. Per serving: 667 cal, 29 g fat (10 g sat fat), 38 g protein, 66 g carb, 6 g fiber.*

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## STEAK TACOS WITH WARM ROMAINE SALAD AND SMOKY SALSA

Total: 35 minutes
(plus heating and resting)

**1.** Heat grill to high and oil the grates.

**2.** In a small bowl, stir together **½ to 1 whole minced habanero chile pepper** (depending on desired hotness), **1 large minced garlic clove**, **1 Tbsp chili powder**, and **1 tsp each kosher salt and ground black pepper**. Rub mixture onto **1½ lbs skirt steak** and let marinate for 20 minutes.

**3.** Meanwhile, skewer **2 garlic cloves** and **1 stemmed jalapeño**; add to hot grill with **1 large halved beefsteak tomato** (about ¾ lb) and **½ halved white onion**. Cook until the vegetables are blistered and charred, about 5 minutes. Transfer the vegetables to a cutting board. When cool enough to handle, finely chop them and place them in a bowl. Stir in **2 Tbsp lime juice** and **¼ cup chopped cilantro leaves**. Set aside.

**4.** Place the steak on hot grill and cook until medium-rare, about 5 to 7 minutes per side.

**5.** Meanwhile, wrap **8 corn tortillas** in parchment and then foil. Slice **1 medium zucchini** into rounds about ¼ in. thick, **1 large red bell pepper** into ½-in. strips, and **1 red onion** into ¼-in. rounds. Place on grill along with the tortillas, and cook until the veggies are crisp-tender, about 6 to 8 minutes. Quarter **1 large head of romaine lettuce**. During the last 2 minutes of veggie cooking time, add the lettuce and cook until charred. Remove veggies, tortillas, and steak from grill.

**6.** Place the romaine quarters on plates and top with the grilled vegetables, a drizzle of **extra-virgin olive oil**, and a sprinkle each of **salt**, **pepper**, and **ground cumin**. Garnish with **pepitas**, **cilantro leaves**, and a squeeze of **lime juice**. When the steak has rested for 15 minutes, thinly slice against the grain. Serve with taco fixings: the tortillas, the salsa, **lime wedges**, **crumbled queso fresco**, and the salad.

*Makes 4 servings. Per serving: 502 cal, 21 g fat (6 g sat fat), 43 g protein, 40 g carb, 9 g fiber.*



# The sweetest moment of your day.




*Artfully simple, incredibly delicious.*

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## PORK CHOPS WITH GRILLED SLAW AND SOUTHERN CORNBREAD

Total: 45 minutes (plus heating and resting)

**1.** Heat grill to high and oil the grates.

**2.** Butter a 9-in. cast-iron skillet. In a large bowl, whisk together **1½ cups cornmeal**, **1 cup all-purpose flour**, **1½ tsp baking powder**, **1 tsp kosher salt**, and **½ tsp baking soda**. In a medium bowl, whisk together **1 cup buttermilk**, **3 large eggs**, **¼ cup honey**, and **½ cup melted butter**. Stir the wet ingredients into the dry ingredients (do not overmix) and pour into the prepared pan. Place on hot grill and cook, covered, until a toothpick inserted into the center comes out clean, 20 to 30 minutes.

**3.** While the cornbread is cooking, place **4 bone-in pork chops** (¾ in. thick) in a large zip-top bag with **2 Tbsp orange zest**; **½ cup orange juice**; **4 rosemary sprigs**; **2 whole smashed garlic cloves**; and **½ tsp each cayenne pepper**, **kosher salt**, and **ground black pepper**. Marinate for at least 20 minutes.

**4.** Slice **1 medium head savoy cabbage** and **1 small red onion** in half. In a small bowl, whisk together **½ cup apple cider vinegar**, **¼ cup extra-virgin olive oil**, **3 Tbsp orange marmalade**, **¾ tsp smoked paprika**, and **½ tsp each kosher salt and ground black pepper**.

**5.** Place the cabbage and onion on grill and cook until charred but still crisp, 5 to 8 minutes. Shred the cabbage and thinly slice the red onion; transfer both to a large bowl. Pour the apple cider dressing over the vegetables and toss well to coat. Let stand to marinate while cooking the chops.

**6.** Remove the chops from the bag and pat dry. Place on hot grill and cook until the internal temperature reaches 135°F on a meat thermometer when inserted into the side, 5 to 7 minutes per side. Let rest for 10 minutes. Serve with the slaw and cornbread.

*Makes 4 servings. Pork and slaw, per serving: 460 cal, 24 g fat (5 g sat fat), 40 g protein, 20 g carb, 3 g fiber. Cornbread, per serving: 494 cal, 19 g fat (11 g sat fat), 10 g protein, 72 g carb, 2 g fiber.*



# Turn your backyard into a Liquid Gold mine.

## VELVEETA® Queso Burgers

How do cheeseburgers technically become Queso Burgers? By being topped with a melty mixture of VELVEETA and RO*TEL® Diced Tomatoes & Green Chilies.




Prep Time: 20 min. | Makes: 6 servings

### What you need:

1.5 lbs. ground sirloin
1 lb. (16 oz.) VELVEETA, cut into 1/2-inch cubes
1 can (10 oz.) RO*TEL® Diced Tomatoes & Green Chilies, undrained
6 hamburger buns
6 pieces leaf lettuce
1 large tomato, cut into 6 slices

### Make it:

Heat grill to medium heat.
Shape meat into 6 (1/2-inch thick) patties. Grill 4 to 5 min. on each side or until done (160°F). Meanwhile, microwave VELVEETA and RO*TEL® in microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min. Place burgers on bottom halves of buns; top each with 2 Tbsp. VELVEETA sauce. Cover with lettuce, tomatoes and tops of buns.

For more Liquid Gold recipes visit **VELVEETA.com**

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## GRILLED FRUIT KEBABS WITH CARAMEL AND COCONUT

Soak wooden kebab skewers in water for 20 minutes. Slice **1 pineapple** into 1-in. cubes, hull **1 lb strawberries**, and cut **1 ripe mango** into 1-in. chunks. Skewer the fruit, place it on the grill, and cook, turning, until heated through, about 4 minutes. Drizzle with store-bought **caramel sauce** (we like Smucker's), sprinkle with **shredded coconut**, and serve.

## GRILLED BERRY CRISP WITH ICE CREAM

Butter a 9-in. cast-iron skillet; set aside. In a large bowl, toss **6 oz each blackberries, raspberries, and blueberries** with **¼ cup sugar** and **2 Tbsp all-purpose flour**. Transfer the mixture to the skillet. In a medium bowl, combine **2 cups granola** (without dried fruit), **½ cup softened butter, 2 Tbsp sugar**, and **2 Tbsp all-purpose flour** until crumbly. Sprinkle the granola mixture over the berry mixture. Cover loosely with foil and place on a hot grill. Cover grill and cook until the fruit is bubbling, about 25 minutes. Remove the foil and continue cooking with the grill lid on until golden and browned, 10 to 20 minutes more. Let stand for 15 minutes, then serve with **vanilla ice cream**.

## GRILLED BANANA SPLITS

Peel and split **4 bananas** lengthwise and place them on a hot grill. Cook until slightly charred, about 1½ minutes per side. Remove from grill and serve topped with your favorite **ice cream, hot fudge, whipped cream**, and whatever fixings you like!

## GRILLED S'MORES

To make an individual s'more, spread **2 to 3 Tbsp marshmallow creme** (like Fluff) onto half a **graham cracker**; top with a **square of chocolate** and another **graham cracker**. Wrap in parchment and then foil. Place on a hot grill and cook until heated through, about 3 minutes. Unwrap the foil and parchment and serve.




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# Frosty, boozy, easy treats

If you've got a blender, you've got the ticket to a terrific Saturday night, icy cocktail in hand. These winners were created for us by Tad Carducci and Paul Tanguay, authors of *A Lime and a Shaker*.



**SUPERFOOD COOLER**

Combine **1 cup honey** with **1 cup boiling water** in a heatproof container. Cool to room temperature and transfer to an airtight container. (Will keep in the fridge for up to 2 weeks.) Slice an **English cucumber** in half. Slice half of the cuke into ½-inch rounds and cut the remaining half lengthwise into slices for garnish. Blend cucumber rounds, ½ cup honey syrup, **1 cup blanco tequila**, **½ cup freshly squeezed lemon juice**, **½ cup ripe blueberries**, and **3 cups crushed ice** until smooth. Garnish with cucumber and a **lemon wheel**. *Makes 4 servings.*

**FROZEN CUCUMBER GINGER GIMLET**

Blend **¾ cup gin**, **a 6-inch-long piece of English cucumber**, **1 Tbsp fresh ginger**, peeled and grated, **½ cup freshly squeezed lime juice**, **⅓ cup simple syrup** (see Lemon-Basil Screamer cocktail, right, for recipe), and **3 cups cracked ice** until smooth. Garnish with a **slice of cucumber** and **candied ginger**. *Makes 4 servings.*

**LEMON-BASIL SCREAMER**

For simple syrup, combine **1 cup sugar** and **1 cup boiling water** in a heatproof container. Allow to cool to room temperature and transfer to an airtight container. (Will keep in the fridge for up to 1 week.) Blend **¾ cup vodka**, **¼ cup freshly squeezed lemon juice**, **¾ cup loosely packed basil leaves**, ½ cup simple syrup, and **3 cups crushed ice** until smooth. Pour into glass and garnish with fresh **basil leaves**. *Makes 4 servings.*

**CINNAMON BOURBON FROST**

Combine **1 cup sugar**, **1 cup water**, and **2 cinnamon sticks** in a saucepan. Bring to a boil for 1 minute, stirring until sugar dissolves. Reduce heat to a slow simmer for 15 minutes. Cool to room temperature. Strain cinnamon and transfer liquid to an airtight container. (Will keep in the fridge for up to 1 week.) Blend **1 cup bourbon**, **¾ cup fresh raspberries**, ¾ cup cinnamon simple syrup, **½ cup lemon juice**, **¼ tsp Tabasco or other hot sauce** (or more to taste), and **4 cups crushed ice** until smooth. *Makes 4 servings.*

FOOD STYLIST: EUGENE JHO AT PLUM REPS.
PROP STYLIST: STEPHANIE HANES.



PHOTOGRAPHED BY Paul Sirisalee

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# 5 new things to try at home

Food and decor hacks that'll spark up your plate and make your room feel sweeter.

## GO RETRO IN THE KITCHEN

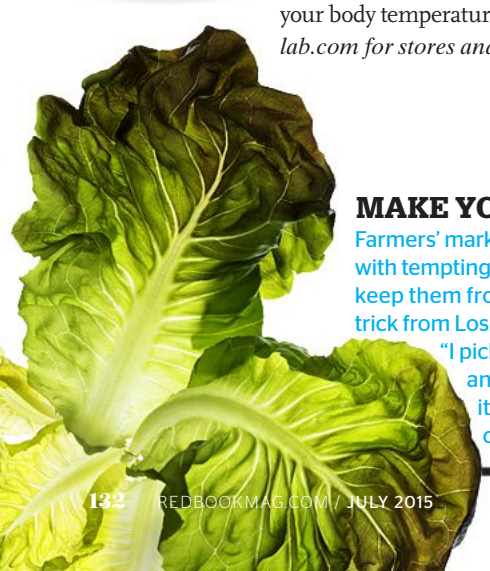



Pyrex has been in business for 100 years—enough time to get its virtually indestructible and easy-to-clean bakeware to more than 80 million people. To celebrate its centennial, the company has released a 13-piece collection that includes colorful storage dishes inspired by its 1967 "dots" pattern. We fully support any product that makes our leftovers look downright adorable on the dinner table. *4-cup 100th-anniversary dot storage dish, $6.99; pyrexware.com.*




## Sprinkle on some spice

Ever find yourself shivering in the AC in the middle of summer wondering if you're in a meat locker instead of an office building? Us too. Which is why we highly recommend having something spicy in your desk drawer, like this pequín chili salt from the Chili Lab. Just a pinch packs heat, so the bottle will last you a while, and it'll give your turkey sandwich or microwave popcorn some serious zip while elevating your body temperature. *$12; thechili lab.com for stores and more flavors.*



## MAKE YOUR GREENS LAST!

Farmers' markets and supermarkets are teeming with tempting lettuces and the like, so you've *got* to keep them from liquefying in your fridge. Use this trick from Los Angeles–based chef Suzanne Goin: "I pick it apart, roll it in a soft kitchen towel, and then refrigerate it. I wait to wash it until just before using, because the cold water will refresh the leaves."



## Sneak some **extra room**

There are three stealthily brilliant space-saving tricks going on in this bedroom shot from blogger Kristin Jackson of the Hunted Interior. First, rather than squeezing in a desk, vanity, and bedside table, she used one pretty multitasker that does the work of all three and only takes up a few square feet. Hanging a giant mirror is a tried-and-true path to making a room feel bigger and brighter. And this acrylic chair is the clincher: It's pretty, almost disappears, and is refreshingly affordable. *Armchair Louis XV, $85; retrofurnish.com.*



From left: Matt, Ted, and Louisville chef Josh Bettis.

## EAT LIKE A SOUTHERNER

Get comfy on the couch and grab a pen to take notes: Foodie brothers Matt and Ted Lee explore Southern cities like New Orleans, Dallas, and Louisville, KY, in their new series *Southern Uncovered* on Ovation TV. Part history lesson, part food tour, it showcases authentic traditions and hot spots in each city... and it's pretty much guaranteed to give you the travel bug, or at least make you crave some down-home classics. We made the boys give us their recipe for pan-roasted okra with tomatoes and corn, which is "as iconic in the Southern food canon as fried chicken or red velvet cake," says Ted, and perfectly in season right now. Get the recipe at redbookmag.com/okra.

CLOCKWISE FROM TOP RIGHT: KRISTIN JACKSON; COURTESY OF OVATION TV; JACK ANDERSEN/GETTY IMAGES; COURTESY OF MANUFACTURERS (3).


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# Shop the issue

**MASTHEAD**
**Page 8:** OPI **Nail Lacquer** in Hot n' Spicy, $9.50; ulta.com. Chanel Le Vernis **Nail Colour** in Lavanda, $27; chanel.com. Zoya **nail polish** in Bela, $4.50; zoya.com. Sally Hansen Miracle **Gel** in Lip Palm, $9.99; sallyhansen.com.

**A GAME-CHANGING BRONZER TRICK**
**Page 16:** Mally Beauty Believable **Bronzer**, $49.50; mallybeauty.com. Mally Beauty Effortless Airbrush **Highlighter and Blush** in Pretty in Pink, $45; mallybeauty.com.

**GET BRIGHT-EYED!**
**Page 27:** Make Up For Ever Aqua Matic **eyeliner**, $21; sephora.com. Estée Lauder Double Wear Stay-in-Place **Eye Pencil**, $23; esteelauder.com. Benefit They're Real Push Up **Liner**, $24; benefitcosmetics.com.

**BEAUTY UNDER $25**
**Page 29:** The Body Shop Virgin Mojito **Body Scrub**, $22; thebodyshop-usa.com. Estée Lauder Pure Color **Gloss Pen**, $22; esteelauder.com. Lancôme **Blush** Subtil Crème, $24; lancome-usa.com. Sephora Mini **Tidy Comb**, $6; sephora.com. Michel Design Works Pink Grapefruit Bath **Soap Bar**, $9; ferriswheelsandcarousels.com. Boots Botanics All Bright Radiance Concentrate **Serum**, $13.99; target.com. Avon Rare Amethyst **eau de parfum**, $23 for 1.7 oz; avon.com. Elizabeth Arden Sunkissed Pearls **Lip Gloss Trio**, $24; elizabetharden.com.

**HOT IDEAS (FOR LOOKING COOL ALL SUMMER)**
**Page 31:** Rouge Dior Brilliant **Lip Shine**, $35; dior.com. Mally Beauty **Crease Brush**, $15; mallybeauty.com.
**Page 32:** Clinique Chubby **Cheek Colour Balm**, $21; clinique.com. SkinCeuticals Physical Matte **UV Defense** SPF 50, $34; skinceuticals.com. Nars Dual Intensity **Eyeshadow**, $29; narscosmetics.com. Mad Jewels Navy Prep **Hair Tie**, $26; shopmadjewels.com.
**Page 33:** Ban.do Everyday **Bobbis**, $12; shopbando.com.



**HOW TO PACK THE IDEAL TRAVEL KIT**
**Page 34:** Kestrel Garden Splash **Train Case**, $92; anthropologie.com. Top row, from left: Robin McGraw Revelation Handy Candy **Wipes**, $1.99 for pack of 8; robinmcgraw revelation.com. Burt's Bees Renewal Firming **Day Lotion** with SPF 30, $19.99; burtsbees.com. Nuance Salma Hayek Nourish & Renew Glow **Facial Oil**, $21.99; cvs.com. SkinCeuticals C E Ferulic **serum**, $162; skinceuticals.com. Burt's Bees Renewal Smoothing **Eye Cream**, $19.99; burtsbees.com. Second row, from left: Gillette Venus Swirl **Razor**, $12.59; gillettevenus.com. Tweezerman Mini Slant **Tweezer**, $16; sephora.com for similar styles. Third row, from left: Emi Jay Brown Ombre **hair ties**, $11 for 5; emi-jay.com. L'Oréal Paris Elnett Satin **Hairspray**, $6.99; walgreens.com. Oribe Beautiful Color **Travel Set**, $19.50 for 7 packets; oribe.com. Kiehl's Creme de Corps **body lotion**, $11 for 2.5 oz; kiehls.com. Kai **Perfume Oil**, $48 for 1.8 oz; kaifragrance.com. Sephora Collection Crystal **Nail File**, $10; sephora.com. Oscar Blandi Pronto **Dry Shampoo**, $11 for 1 oz; ulta.com. Q-tips **Cotton Swabs** Travel Pack, $1.29; target.com. Bottom row, from left: Almay Oil Free Gentle **Eye Makeup Remover Pads**, $1.26 for 15 pads; walmart.com. Goody Athletique Fabric **Headwrap**, $5.99; target.com.

**DREW BARRYMORE HAS THE BEST SHORTCUTS**
**Page 36:** Sunday Riley Juno Hydroactive Cellular **Face Oil**, $125; sephora.com.

**ACNE! WRINKLES! *ARGH***
**Page 38:** Clinique Acne Solutions Emergency **Gel-Lotion**, $17; clinique.com. Hada Labo Tokyo Protecting **Day Lotion** SPF 30, $18; hadalabotokyo.com. Ole Henriksen Invigorating **Night Treatment**, $45; olehenriksen.com.

**5 BEAUTY TRICKS I JUST LEARNED**
**Page 40:** Zoya Naked Manicure **nail polish**, $12 per bottle; zoya.com. Living Proof No Frizz **Humidity Shield**, $22; livingproof.com. Malin+Goetz Clarifying **Clay Mask**, $48; malinandgoetz.com. BareMinerals Pop of Passion **Blush Balm**, $22; bareminerals.com.

**FALL IN LOVE WITH YOUR CLOTHES**
**Page 50:** Nautica **sunglasses**, $146; nautica.com. Gap **shirt**, $24.95; gap.com. Banana Republic **sweater**, $89.50; bananarepublic.com. Banana Republic **shorts**, $59.50; bananarepublic.com. Bertucci **watch**, $70; orvis.com. Zara **shoes**, $49.90; zara.com.
**Page 51:** Sequin **earrings**, $58; sequin-nyc.com. Miranda Frye **necklace**, $80; mirandafrye.com. Joyiia **necklace**, $37; joyiia.com. Gorjana **necklace**, $88; gorjana.com. The Limited **romper**, $98; thelimited.com. MMS Design Studio **bag**, $59.99; mmsdesignstudio.net. Restricted **shoes**, $49; lulus.com.
**Page 52:** Earthy Chic **bracelets**, from top, $65 and $80; earthychic.com. Joyiia **bracelets**, from top, $35 and $35; joyiia.com. Lululemon Athletica **bikini top**, $54; lululemon.com. Massimo Dutti **top**, $89.50; massimodutti.com. Echo **belt**, $38; echodesign.com. Oasis **shorts**, $55; oasis-stores.com. Chinese Laundry **sandals**, $49.99; modcloth.com. (On him) Gap **shirt**, $24.95; gap.com. Lucky Brand **shorts**, $79.50; luckybrand.com. Old Navy **sandals**, $19.94; oldnavy.com.
**Page 53:** Lane Bryant **earrings**, $14.95; lanebryant.com. Alythea **dress**, $59.99; modcloth.com. Aldo **heels**, $80; aldoshoes.com.
**Page 54:** Cocoa Jewelry **earrings**, $38; cocoajewelry.com. Gorjana **necklace**, $95; gorjana.com. Lucky Brand **top**, $79.50; luckybrand.com. AMI Clubwear **clutch**, $36.99; amiclubwear.com. Wanderluster **rings**, from left, $75 and $45; wanderlusternewyork.com. Banana Republic **pants**, $69.50; bananarepublic.com. Zara **shoes**, $99.90; zara.com. (On him) Tommy Hilfiger **shirt**, $79; tommy.com. Bertucci **watch**, $70; orvis.com. Old Navy **pants**, $29.94; oldnavy.com. Zara **shoes**, $89.90; zara.com.
**Page 55:** Mad Jewels **earrings**, $38; shopmadjewels.com. Maison Jules **dress**, $79.50; macys.com. Mimi Boutique **bracelets**, from top, $24.88 and $27.50; mimiboutique.com. Report **sandals**, $40; reportshoes.com. (On him) Old Navy **shirt**, $29.94; oldnavy.com. Banana Republic **blazer**, $175; bananarepublic.com. Lands' End **pants**, $49; landsend.com. Zara **shoes**, $89.90; zara.com.
**Page 56:** Bluma Project for J.Crew **necklace**, $65; jcrew.com. Old Navy **top**, $26.94; oldnavy.com. Lane Bryant **bracelet**, $19.95; lanebryant.com. AMI Clubwear **clutch**, $38.99; amiclubwear.com. Levi's **jeans**, $78; levi.com.
**Page 57:** Miranda Frye **earrings**, $44; mirandafrye.com. Liz Claiborne **top**, $40; jcpenney.com. Forever 21 **skirt**, $17.90; forever21.com. (On him) Levi's **shirt**, $78; levi.com. Old Navy **shorts**, $22.94; oldnavy.com.

## Sweepstakes Rules

**Beauty Under $25 Sweepstakes; Acne! Wrinkles! *Argh* Sweepstakes; Hot Ideas (for Looking Cool All Summer) L'Oreal Sweepstakes; Hot Ideas (for Looking Cool All Summer) Maybelline Sweepstakes; Hot Ideas (for Looking Cool All Summer) Skinceuticals Sweepstakes; Drew Barrymore Has the Best Shortcuts Sweepstakes; 5 Beauty Tricks I Just Learned Sweepstakes; 20 Fun—and Free!—Things to Do This Summer *Circus Mirandus* Sweepstakes; 20 Fun—and Free!—Things to Do This Summer *In The Country* Sweepstakes; 20 Fun—and Free!—Things to Do This Summer Fandango Sweepstakes. No purchase necessary to enter or win.** To enter beginning June 23, 2015, at 12:01 a.m. ET through July 20, 2015, at 11:59 p.m. ET, go to redbookmag.com /freebies on a computer or wireless device and complete and submit the entry form for the sweepstakes of your choice pursuant to the onscreen instructions. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia, or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at redbookmag.com/freebies.

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# Let's talk body confidence

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**75%**

OF WOMEN TOLD US, **"I JUST WANT TO BE THE BEST VERSION OF MYSELF."**

**HOW YOUR PARTNER FEELS (14%), HOW CELEBRITIES LOOK (7%), WHAT YOUR FRIENDS SAY (4%)... *THAT STUFF DOESN'T EVEN COME CLOSE.***

## SIZE 00, NOT SO DREAMY

**71%**

OF WOMEN SAY THEIR IDEAL SIZE IS A 6 OR LARGER

**AND AS FOR THE BEST BODY SHAPE?**

**52%**

OF YOU STRONGLY AGREED:

**"THERE IS NO IDEAL!"**

## 78 PERCENT

of you would rather always be **20 pounds** over your perfect weight but able to eat ***whatever*** you want than be at your goal weight and have to diet **FOREVER** to maintain it.

» LIKE A FINE WINE «

**30%**

OF WOMEN SAY THEY'VE LEARNED TO ***love their bodies*** EVEN MORE OVER TIME.

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**56%** "ACK! I DON'T FEEL CONFIDENT."

**40%** "HOORAY! I'M GOING TO THE BEACH!"

**4%** "YAY! I GET TO SHOW OFF MY FIGURE."

## seventy-nine

THE PERCENTAGE OF YOU WHO WOULD RATHER HAVE A LIFETIME OF SESSIONS WITH A PERSONAL TRAINER THAN GET LIPO OR A TUMMY TUCK.

**YOU GO, HEALTHY!**

NOTEBOOK: KRISTIN DUVALL/GETTY IMAGES.

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